

ZDF.14
(2)

WELLCOME
TROPICAL
INSTITUTE

ZDF.14(2)



22101937785

Presented by
Dr. Duncan





WEST AFRICA.

Reduced from a panel portrait specially given for reproduction in "Verb. Sap."
Portrait by Mowlls & Morrison.

"VERB. SAP."

ON GOING TO

**West Africa, Northern Nigeria, Southern,
and to the Coasts**

BY

ALAN FIELD, F.R.G.S.,

*Colonial Political Service ; Late The Royal Scots ; Ind. Staff Corps,
and Bombay Famine Relief Dept., &c.*

Author of

"A Rogue and Two Griffins," "The Exaggerators," &c.



Bale, Sons & Danielsson, Ltd.,
83-91, Great Titchfield Street,
Oxford Street, London, W.

AND FROM ALL BOOKSELLERS.

265



ZDF. 14 (2)

FOR ANY USE IT MAY BE

TO OTHER MOTHERS' SONS,

THIS LITTLE WORK IS INSCRIBED

TO

MY MOTHER.

A. F.

WE	WELLCOME INSTITUTE
	LIBRARY
Col	WELLCOME
Call	(G)
No.	HAR
	1905
	F45 v

ADVANCE NOTICES.

Proof Copies of *Verb. Sap.* having been submitted to the five Journals here mentioned, the following are extracts from reviews published in their columns.

WEST AFRICAN MAIL.—“*Verb. Sap.* a book of concentrated knowledge. . . . It will supply a long-felt want. After reading this little book, which is full of wisdom, a man with ever so little experience will be able to do himself well, and the veriest greenhorn will only have himself to blame if he does himself badly. . . . It is a little book *which no one going to the Coast can afford to miss reading.* It is good enough to save time, money, temper, health and life, and it only costs half-a-crown! *Verb. Sap.!*”

ROYAL GEOGRAPHICAL SOCIETY'S JOURNAL.—“This little book should be of great use to travellers about to make the acquaintance of West Africa for the first time. It consists of practical hints and information, . . . which it is important for the intending visitor to possess, *but for which he may search in vain* in published works on those countries. . . .”

THE AFRICAN WORLD.—“Wisdom on the West Coast! A boon to the man going out! . . . *Verb. Sap.* simply brims over with precisely the information for which the average man diligently searches in vain a few weeks before sailing from Liverpool. . . . The average reader will learn more in an hour from a study of what Mr. Field has to tell him than he would in a week poring over the tomes in a library. . . . None going to the

West Coast should be without this booklet. It will be *useful every minute of the day* while you are getting ready to sail, and will *constantly be useful for reference afterwards*. *It meets a want and meets it adequately.*"

THE MERCHANT AND SHIPPER.—"This is a very excellent little *brochure* that should prove highly useful to those who contemplate going out to West Africa. . . . This useful little volume."

AFRICAN COMMERCE.—"The difficulty which the average man going to West Africa finds in obtaining definite and reliable advice will be entirely dispelled by the impending publication of a handy little book entitled 'Verb. Sap.' . . . "

A NOTE OF WELL-WISHING.

By Sir Patrick Manson, K.C.M.G.

(*Medical Adviser to the Colonial Office.*)

"I wish 'Verb. Sap.' on going to West Africa every success, and I endorse the idea of giving the fullest information to readers as to what they should take with them and where everything may be obtained. I trust that the advice given in the chapter on Health will be carefully followed, and I believe it will prove of very much value to those preparing to go out."

FOREWORD.

"Verb. Sap." is intended to be of use to the new adventurer to the West Coast of Africa.

Written primarily for the Protectorate of N. Nigeria, the latest and the least civilised of our West African possessions, the notes dealing particularly with that country are indicated, while the remaining text is on subjects common to Northern, Southern Nigeria, and the Coast Colonies alike.

Readers are earnestly requested to send to the compiler, care of the Publishers, any comments and criticisms as may be made in the light of actual experience. These will be gratefully acknowledged, and will be of the greatest service in rendering the next issue free from the faults of a first issue.

It is a rule of life that experience has to be bitterly earned. It is trusted that much of the information herein contained may save new "Coasters" from having to gain their own experience.

The personal gaining of experience in health, and other things, in the Tropics, is too expensive an acquisition for the individual who wishes to come home again. It must be remembered that what would often be appropriately termed "molly-coddling" in a good climate is ordinary "horse-sense" in a bad. The happy mean between hypochondria and folly is not hard to attain.

The comprehensive Index will counterbalance any verbiage or misplacing of matter in the text, for anything may be readily turned up for reference.

Apology is offered for the occasional references to the East if these inconvenience the reader.

No literary merits are claimed for "Verb. Sap."

A. F.

1905, London.

PREFACE.

In writing a few words, as preface to this handbook of information, to those preparing to sail for West Africa it is only necessary to give to the reader a brief, yet earnest, "Go, and prosper!"

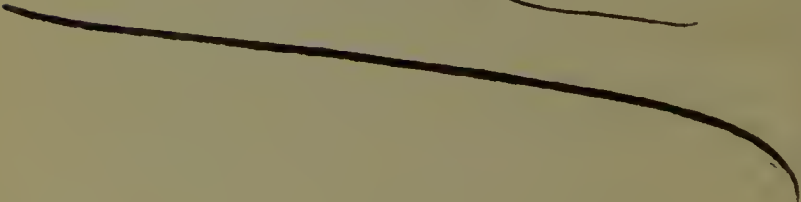
But into the well-wishing of that old phrase of parting is to be read much meaning.

"Go, and prosper!" Go out to the new land, that is to say, well-equipped, with health, sense, and intention, with, in short, the qualities that command in the old world the consequence of "and prosper," and, in West Africa, success is awaiting whatever capacity takes out the reader.

In this, our England, advancement and fortunes are slow—all the niches are filled up, ambition has first to carve out a place and then to prove it is suitably filled. In a new land, however, there are the vacancies ready, the chances are waiting for the right men.

West Africa has a great future speedily unrolling, a future for the country and for all those who identify themselves and their careers with it. To each of these, and to this little book, compiled with the intention of assisting them in their preparation, I would say with all my heart "Go, and prosper!"

Alfred Russ



“VERB. SAP.”

ON GOING TO WEST AFRICA.

CONTENTS.

THE ‘VERB. SAP.’ MAP.

PREFACE BY SIR ALFRED JONES, K.C.M.G.

FOREWORD.

ON OUTFIT. With Preliminary Note...	CHAP. I.
A Guide to Civil, Military and Medical Officials, to Civilians and to Nurses	Part I.
ESTIMATES OF EXPENSES	I. Part II.
LIVERPOOL TO LOKOJA. A descriptive Article with Voyage Notes... ..	II.
ON THE CLIMATE AND HEALTH, also the Seasons ; Food and Drink ; An Important Summary, with comments	III.
THE LIFE AND SOCIAL AMENITIES. “Chi va piano, va sano”	IV.
SERVANTS AND OTHER PESTS... ..	V.
ON SPORT, SHOT AND SADDLE. (Notes by Sir HARRY JOHNSON, G.C.M.G., K.C.B., etc.)	VI.
THE LANGUAGES OF WEST AFRICA, by L. H. Nott, Esq., Author (joint) of “Batu na Abubuan Hausa”	VII.
WHERE TO PROCURE OUTFIT AND EVERYTHING REQUIRED	VIII.
HISTORICAL AND STATISTICAL INFORMATION (excerpt by special permission)	IX.
NOTES, Mapping by E. Reeves, F.R.A.S. ; Postal by a Postmaster-General ; Military by Capt. W. Wright, V.C. ; Life Insurance ; Trader Notes ; For Lady Nurses ; Missionary Work ; Official Circulars ; Recipes, &c., &c.	X.

THE INDEX.

ESTABLISHED 1827.

John Jones & Co.,

6, REGENT STREET, WATERLOO PLACE,
LONDON, S.W.

Telegrams : "Equipments, London."

Telephone : 5120 Gerrard.

Manufacturers of the original authorised
patterns of UNIFORMS, ACCOUTREMENTS.

and

HEAD-DRESS for Northern Nigeria.

MILITARY, CIVIL, POLICE UNIFORMS.

Northern Nigeria Gazette, Circular Memo. 16, October 31st, 1903.—"Patterns of the uniform and of other requisites may be seen at Messrs. JONES & CO., 6, Regent Street, London, S.W."

Representatives wait upon officers appointed at any town or station in Great Britain or Ireland by appointment.

CHAPTER I.

IN TWO PARTS.—OUTFIT AND ESTIMATES.

A note of some importance may precede the very vital question of Outfit and Stores.

The reader must seriously reflect on the subject, remembering it may mean everything to him in the future, —even perhaps life or death.

To put two points briefly. (I) The climate is bad. No one really goes out “for the fun of it,” but either for pay or glory. If the reader goes out for the pay he is probably not rich, and will want to cut down his expenses. He must not cut down anything in the least essential— or he will not live long to draw his pay.

If he goes out for the glory he must pursue fame with a complete trousseau, or all the public notice he will attract will be a short obituary.

It is better to make an arrangement with a banker or agent to anticipate the salary so as to have a good outfit, or to settle up by instalments. It pays *in every way* to “do oneself well” in a bad climate.

If the reader does not readily appreciate the force of these important points he should ask any old traveller or tropical expert of his acquaintance. It is most difficult in England to realise one’s needs and wants in the Tropics.

(II). The advice sometimes given is to take old kit, “any second-hand stuff is good enough.” *It is not.* Inferior worn-out things go to pieces at once in damp heat. Moreover, good things are still good enough to sell

on the owner going home, and there are ready buyers for everything. It is false economy to take rubbish.

(III). A small point also is that it is not good for native servants and native officials to note that their master or superior has nothing but shoddy. They do observe pretty shrewdly, and, children that they are, it does not impress them favourably. These notes are real "words to the wise."

(IV). As a concluding preliminary note the word of advice to be in time must be added. Do not put off things to the last. The man in a hurry always pays through the nose.

A GUIDE TO CIVIL, MILITARY, AND MEDICAL OFFICIALS, TO CIVILIANS AND NURSES.

ARTICLE.	QUANTITY.	DESCRIPTION.	REMARKS.
UNIFORM FOR CIVIL SIDE (A copy of the Dress Regulations of each Colony is obtainable at the Colonial Office. Sealed patterns of kit can be seen at the Crown Agents, 3, Whitehall Gardens, London, S.W.)	One	Khaki-drill Norfolk jacket	For N. Nigeria, the full number of articles, as in the Colonial Office list, are <i>not</i> , at the present stage of the Protectorate's development, required. The quantity here mentioned is for N.N. For other Colonies add one Mess kit and one khaki suit—with additional mufti as desired. See (c).
	Two	Khaki-drill trousers	
	Two	White-drill Mess jackets	
	Two	White-drill Mess trousers	
	One (a)	Silk Mess cummerband, blue	
	(b)		
	Three	Pairs riding-breeches, one of Bedford cord, one khaki-drill and one white mole-skin for polo	(a) Not a made-up, so-called, "shyster" cummerband, but a correct length of silk to wind four times round waist.
	One	Pair brown leather gaiters	(b) Mess-kit only necessary in N.N. for Lokoja and Zungeru, but it is good to wear it at Bush stations. Refer to Chapter IV. on "Slackness."
	One	Pair dark blue putties	(c) Three of every washable thing is ample. The term of service is only twelve months. Insects eat and servants steal any thing not constantly required and worn. Camphor must be kept in all clothes.
		(Bush-shirts, see Under-clothing)	
UNIFORM FOR MILITARY SIDE	(c)	Uniform as per War Office instructions on appointment for the West African Frontier Force (known as the Waffs) the West African Regt., &c.	
UNIFORM FOR LADY NURSES.		For this and Notes see Chapter X.	

ARTICLE.	QUANTITY.	DESCRIPTION.	REMARKS.
CLOTHING FOR VOY- AGE		See "Voyage Notes" at end of Chap. II., also Summary to Chap. III. "Voyage Home" notes important	
MUFTI ("Plain-clothes")	One	Summer tweed suit	(d) Also take all old flannels to wear and to give away. Your "boys" will much appreciate a gift of clothing.
	One (d)	Flannel suit (d)	(e) For Voyage Home, see Sum- mary to Chap. III.
	Two (d)	Pairs flannel trousers (prefer- ably grey (d)	(f) See that there are holes for ventilation under arm-pits. Also have leg riding straps of cloth <i>sewn</i> inside flaps.
	One (e)	Thick warm ulster (e)	All seams should be sewn, or they will come unstuck.
	One (f)	Mackintosh (Inverness or Newmarket pattern) (f) (<i>Note. Civilians not requir- ing uniform should add to this the riding breeches, gaiters and putties men- tioned above</i>)	
	One	Grey alpaca coat for office work, &c.	
HEAD-GEAR	One	Sweater (see Underclothing)	Do <i>not</i> get a white helmet with khaki cover. The khaki is re- quired generally, the white only occasionally.
	One (g)	Khaki uniform Sun-topi, with puggari of corps or dept.	(b) Cawnpore Tent Club shape is popular. <i>It is very important</i> to ascertain that the brim of a sun hat is not touched by the arm when a gun is raised to shoot.
	One (h)	White cover for above (g)	If the arm touches the sun hat the hat is no good to a sports- man.
		Khaki Sun-topi (h). (See Chap. VI.)	
	One	Grey double Terai hat	
	One	Straw or Panama	
	One	Cap	

FOOT-GEAR

- Three (i) Pairs white canvas rubber-soled boots (for deck, mess and tennis)
- Three Pairs good brown leather (three at least)
- One Pair "field-service" pattern brown leather
- One Mosquito boots (j)
- Rubber knee boots (k)
- Pumps (l)
- Wellingtons (m)

- (i) *Note.* When the rubber-soles wear out, have the boots soled with double goat-skin. Makes a capital sole, and wears better than rubber.
- j) Buy these the first day in the country. About 5s. See (Chap. III.).
- (k) In N. Nigeria *not* required. Everyone until now has bought a pair, and Lokoja is full of discarded rubber boots. They are of use in S. Nigeria and for swamp work on Coast.

- (l) Do not take pumps. They mean unprotected ankles, mosquitos, and much fever.

- (m) Take any old Wellingtons. Do not buy new pairs.

- (n) For dinner-wear. For Coast towns these may be transposed. Six stiff and two soft being taken, as starching is done. But in Nigeria only soft shirts are worn, two stiff can be taken for voyage home.

- (o) These look smart and are *not* hot. The best cannot be told from linen. Easily kept clean.

- (q) For tennis, &c.

- (n) (q) *Wool Vests must be worn under these or fever "fit to catch master."* "Verb. sap."

LINEN (Body)

- Six (n) Shirts with soft fronts and cuffs, of white linen, matte, or lawn. No collars attached
- Two Ordinary dress shirts (n)
- Eight (o) Celluloid stand-up double collars (o)
- Six (q) White matte tennis shirts with turn down collars attached

ARTICLE.	QUANTITY.	DESCRIPTION.	REMARKS.
HANDKERCHIEFS			
TIES	Two (r)	Black silk bow ties (r)	It is good if all linen, &c., is marked so that your black "boy" can recognise the mark. An indelible mark.
	Four	Ties for day wear. Knitted silk are the best	(r) For dinner-wear. Not made-up "shyster" ones.
UNDERCLOTHING, &c.	One	Thick white sweater. (See Chap. III.)	(s) These are <i>the</i> things for Bush wear. Collars and the spine-pads should be separate for washing. And there should be shoulder straps to prevent straps of camera, water-bottle, or haversack, &c., slipping off shoulder.
	Two (s)	Bush shirts (s)	
	Twelve	Pairs new socks, and all old ones. (Mosquitoslike black socks.) Thin cashmere is best	
	Six	Thin, all-wool vests	
	Two	Warm wool vests for voyage home and for fever times (t)	
	Six	Thin all-wool short drawers	
	Two	Thick long wool drawers for voyage and fever (t)	
	Three	Coloured flannel shirts, no collars attached. To wear with celluloid collar and tie	(t) Too much stress cannot be laid on the necessity of having warm clothing for voyage home. (See Chap. III. Summary.)
	Four	Suits must be all wool.	While in the country a careful eye must be kept on the reserve of warm clothes. Have them aired and shaken often. Keep <i>cumpher</i> in all boxes of clothing.
	Four	Wide flannel cummerbands to button. Worn <i>over</i> pyjama coat	
PYJAMAS	Two	Very warm suits for voyage home (t)	

DRESSING GOWN

One (t) Long warm and wool. Most useful when feverish and in the draughty ship corridors (t)

SCARVES

Two Large white silk

GLOVES

One Warm pair for voyage, and any old pairs for polo

PADS

Two (u) For wearing down spine (u)

To wear after any hard exercise if sitting about.

(u) A spine pad may be of any material, padded with cotton wool and quilted. Easily home-made with a sewing machine. Worn outside or inside. Fixed on by buttons or safety pins. A spine pad wards off fever, sun-stroke, and retching.

BEDDING AND HOUSE LINEN

Two Blankets warm (v)
Two Jaeger sheets (wool) (v)
Four Linen sheets (v)
Six Linen pillowslips.
Six Large table napkins (w)
Six Table cloths
Four Large rough bath towels
Six Large face towels

(v) It is safest not to use linen sheets, which, when soaked with perspiration, give chills, and feel uncomfortable also. Sleep on a blanket, and under a Jaeger sheet. Warm blankets very welcome in the Harhattan season. Pillowslips always used.

(w) Serve as tablecloths for camp table.

TOILET REQUISITES

Two Razors

Keep them in oiled rag or oiled paper.

Two Strops

Hanging strops are best and last indefinitely.

ARTICLE.	QUANTITY.	DESCRIPTION.	REMARKS.
TOILET REQUISITES— <i>Continued</i>	Two	Shaving-brushes	A cheap shaving brush is a very false economy.
	Six (x)	Tooth-brushes (x)	(x) Apropos of teeth refer here to Chap. III. Summary.
	One Two One	Dozen tins tooth powder Sponges Dozen cakes soap	<i>Soaps.</i> Calvert's Carbolic, or a good coal-tar soap, are good for prickly heat and refreshing to the skin. (Chap. III.).
LAMPS AND LIGHT- ING	One (y)	Hairbrushes and two combs Lord's lamp, with spare wick and oil reservoir, in case with padlock (y)	(y) Fill reservoir with oil, if going up Niger, before leaving the liner. Lamp wanted on river boat. Lord's lamps are not liked by some, but, on the whole, are the best for all purposes so far on the market. Stuff some dusters on top of the lamp to keep it steady in its case.
	(z)	Hurricane Camp lantern (z)	(z) Obtainable in the country at stores. You will want two.
	One	Copper folding lamp, with talc slides (*)	(*) This is very compact and is only for emergencies. It goes in the tiffin basket.
	Three	Dozen special tropical hard- ened candles for above lamp	(†) Wax matches are useless, as they all melt into a solid lump. Matches procurable in country.
	One One Three One	Burning glass Tinder box, flint and steel Packets wooden matches (†) Folding bedstead (1). Strong and light. (X pattern is recommended.) With brass rods for netting	
CAMP FURNITURE			(1) See it is right length, that is, about eight or ten inches longer than your height.

CAMP FURNITURE— Continued

Two	Mosquito nets (one for a big bed, one for the camp bed)	(2) Nets must have net top, <i>not</i> calico. All seams must be strongly bound. <i>Nets tuck under mattress and hang inside rods or poles, not outside.</i> Chap. III. This is a very important note. "Verb. Sap.!"
One	Piece netting for mending	(3) And see mattress is same length as bed exactly.
One	Cork folding mattress for bed (3)	(4) For great heat when the head cannot bear any other.
One	Hair, or wire-spring pillow	(5) A luxury. Net hammocks are best. The canvas kind are hot and give prickly heat.
Two	Feather pillows	(6) Not too small a table. That is, let it be large enough for two men to sit at for 'chop,' say 36in. by 36in.
One	Hammock, with ropes (5)	(7) Most useful. Have also a wicker lining. In the bath can be packed all linen, &c., on voyage, and all clothes when in the Bush.
One	Folding table (6) (X pattern is good)	(8) No need to take a tent if a government servant.
One	Comfortable deck-chair, with leg rest	(9) An essential thing. The A. & N. Stores sell a light compact make. Do not take the pan. An old kerosene oil tin will do (see Chap. III., Sanitation).
One	Folding upright chair	(10) Makes a place cheerful (see Chap. IV.).
One	Rhoorkhi chair	
One	Folding wash-stand (X pattern)	
One	Tin bath in wicker case (7)	
One	(Folding bath <i>no</i> good)	
One	Folding mirror	
One	Tent, 80lb. pattern (8)	
One	Folding latrine (9)	
Two	Common carpets for camp work (10)	

ARTICLE.	QUANTITY.	DESCRIPTION.	REMARKS.
COOKING POTS	Six	Assorted sizes aluminium cooking pots	Smallest a pint, and largest a gallon (approx.). Get an iron kettle, two saucepans in country if going on to Bush.
GLASS & CROCKERY (Can be got at Lokoja and Coast towns)	Six Three Three Six Six One Two Two Two One Two One	Aluminium pint tumblers Enamel breakfast cups Ditto ditto saucers Ditto large plates Ditto small ditto Enamel teapot (quart size) Enamel vegetable dishes Ditto flat meat dishes Ditto egg cups Ditto milk jug (1 pint) Ditto pie dishes Berkefeld hand filter (with refill candles) in its neat tin case	The best glass for Bush work is aluminium and the best crockery is enamelled tin. This is a true Bull and a true Bill.
FITTINGS FOR THE TIFFIN BASKET (This is an invaluable adjunct. Get a strong wicker flat basket (approx. 30in. x 24in. x 16in. deep), lined with stout Italian cloth. Strong hinges and lock. Have partitions made to fit your fittings. (See Chap. VIII.) This basket will be only 30s. without fittings).	One Twelve One One One	Sparklet large size syphon (with two spare glass tubes and washers). Dozen large size bulbs for above syphon Enamel (inside) tin to hold meat or bread Glass flask for water in a wicker cover to prevent breakage Lamp (see "Lamps and Lighting")	<i>Note.</i> When travelling in the Bush, on the rivers or anywhere, always see that the most reliable man carries the tiffin basket or is in charge of it. A mosquito net should be with this, and if both tiffin basket and net are with you it does not so much matter if the rest of the baggage is late or astray.

All	Above-mentioned "Glass and Crockery." The plates, knives and forks as follows all go on the lid, held on by elastic bands)
Six	Large forks
Six	Small forks
Six	Large table knives
Six	Small table knives
Six	Dessert spoons
Three	Tablespoons
Six	Teaspoons
One	Corkscrew and one tin opener
One	Mincing sausage meat machine. (See Chap. III.)
One	Hunting saddle, no knee-rolls
One	Thick felt numdah (11)
One	Pair stirrups
One	Pair leathers
Two	Strong web girths (12)
One	Surcingle
Two	Horse blankets
One	Watering bridle and 12 yards of picketing rope
One	Bridle and reins
Three	Bits (one plain steel snaffle, one rubber snaffle, and one 19th Lancer bit)
One	Martingale

17 SADDLERY

(All this must go in a separate tin-lined case, screwed down)

This is required for N. Nigeria for Bathurst and Lagos. Not for other Colonies.

(11) Without this you will have much trouble with sore backs.

(12) Get a pair that can shorten by extra buckles. Near Lake Tchad the horses are about 15 hands sometimes. At Lokoja about 12.2. (Chap. VI.).

ARTICLE. SADDLERY—continued.

QUANTITY.

Two
Two
Six
Six
One
One

One

500
300
200
200
One

BATTERY

(See Chap. VI. and
Chap. VIII.)

Cartridges

FISHING ROD

BOOKS

Two
One (13)

One

One

Two
One
One

Also professional books according to requirements.
It must not be forgotten to arrange, before leaving England, to have a weekly supply of papers sent out by a reliable firm (see Chap. VIII.)

DESCRIPTION.

Curry combs
Very hard brushes
Tins saddle soap
Rough coarse dusters
'303 Magazine rifle
D.B. 12-bore gun, left choke, right for ball
475 Webley, Service, 6½-inch barrel, revolver
Soft nose sporting '303
No. 2's 12-bore } gun
No. 6's ditto }
'457 man-stopping revolver
Light sea-fishing rod (a bass rod would do). 24 yards oiled line, 6 yards gut, and 24 assorted hooks
Copies "Verb. Sap."
Copy "Malaria, and its Causes"
Copy of 2 vols., Royal Geographical Society, 4to book for travellers
Copy "Family Medicine in India," Sir W. Moore's Manual
Hausa grammars (14)
Copy first-aid handbook
Copy Shakespeare

Take any heavy rifle if desired, or replace the '303 by a Manlicker if you have experience of the latter. The rifle and gun suggested *are* enough for all purposes. Chap. VI.

No need to take out a rod at all. Take the line and hooks on chance.

One to lend.

(13) Issued by and to be obtained of "The Liverpool School of Tropical Medicine."

(14) Get both Robinson's and Miller's grammar (see Chap. VII.).

JOURNALS

MEDICINES WINES

See Chapter III., List of Drugs.
Twelve Pints of dry champagne
One Bottle best cognac

These are recommended to be taken for medicinal use only. It must be remembered that though wines are procurable on the Coast and at Lokoja the prices are high. If it is desired a supply for general consumption can be taken out as an economy. Chap. VIII.

PROVISIONS

(These are for one fortnight only, to meet the requirements of River travel. If going to N. Nigeria, this case of food *must* be taken.)

Some officers take supplies for six months (see Chap. III. for Food of the Country). At Lokoja most tinned provisions are obtainable)

One	7-lb. tin ship's biscuits
Six	Lbs. of flour
Three	Tins roast beef
One	Tin spiced beef
One	Tin lamb and peas
Two	Tins tongue
One	Tin turkey
Six	Tins vegetables
Four	Tins sausages
Six	Tins sardines
Three	Tins bacon
Two	Lbs. sago
Two	Lbs. rice
Twelve	Small bottles Bovril
Six	Squares desiccated soup
One	Pound tea
Twelve	Tins "Milkmaid" brand milk
One	Tin figs
Four	Tins Plasmon cocoa
One	Tin cheese
Two	Tins jam

Going up the River the practice is for the travellers to form a mess, each contributing a share, one acting as the Caterer or Mess President. The food here suggested will be an ample store for solitary or joint messing, with some left over. There is a cook on board who receives 2s. 6d. per head from passengers. Coast men do not want this fortnight's store. They must decide ~~whether~~ to buy locally or in England. Chap. VIII.

Field-glass, in leather case, with swing			In the estimates the amount allowed for these is for a pair of aluminium binoculars, not the most expensive, or perhaps the best, but quite good enough.
Camera, in leather case, with sling	If already an amateur the reader has his own opinion and knowledge; if a novice a week's training is necessary. Do not believe the shop which says that an instruction book is enough.
Water-bottle and sling	Aluminium are lightest, but whisky affects the metal. On the whole enamel is best. Get a square one curved to the shape of the hip, with round corners. A felt cover is necessary.
Shikar knife in sheath	A 6in. blade is long enough.
Hunting knife	The one at the estimate price is very satisfactory, holding one blade, corkscrew, cartridge-extractor, tin-opener, and button-hook, each of these is necessary. Steel handle is best, with a swivel to hang on belt.
Haversack	This is invaluable, and should be of waterproof material, with many interior pockets.
Belt	Leather is good, but one of webbing, such as a girth is made of, is better, with two buckles in front. Whichever is chosen there should be a strong steel ring, with swivel attached at each side. See that tags on breeches and trousers are wide enough for belt.
One fitted medicine case	See end of Chapter III.
Two thermometers	One clinical in case, and one Fahr.
One good magnetic compass...	Gunmetal, with protected face.
Travelling clock	A reliable clock of inexpensive metal.
Watch	Not gold, or it will be stolen.
Set of tools	One cold $\frac{1}{2}$ in. chisel, one screwdriver, one wire nippers, one pliers, one small handsaw. These ordinarily are enough, but can be added to, if desired, with advantage.
Copper wire of two thicknesses	Take a coil of each kind.
Assorted nails, screws and rivets	Bifurcated rivets are very useful. (Chap. VIII.).

Sandpaper	A useful article.
Two tape measures	If for nothing else but to measure sporting trophies.
Housewife	With needles, cottons, twine, wool-cards, pins, <i>safety-pins</i> , scissors, beeswax and buttons. All are essential. (Natives love scissors. "Verb. Sap.")
String	Two balls of strong string.
Stationery and writing case	As desired. Take plenty.
Fountain pens and ink	Also a packet of pencils; 10s. 6d. is enough for pen.
Taxidermine	If skin curing is a hobby, take knives, arsenical soap, &c.
Paint box and sketching materials	Band pieces are specially cheerful.
Gramophone with records	Nuggets, or any good kind.
Boot laces and boot polishes	Blanco is best.
Pipe clay	A dozen coarse dusters. Torn clothes will probably replace these later.
Dusters	Spare piece for repairs.
Mosquito netting	Hausa grammar. Both Miller's and Robinson's.
Language books	See "Lamps and Lighting," Chap. I.
Tinder-box, flint and steel	White, with green lining, but an ordinary black, with white cover, at 5s. 6d. is enough.
Umbrella	Several have taken small yacht piano (£15). No good if going to Bush life.
Tennis racket	The damp heat precludes these.
Piano	See Chap. VI. Buy only the merciful, instantaneously-killing kind. A chain to each trap is necessary.
Banjo and guitar	See Chap. VIII.
Game traps	For keys; to carry in pocket.
One clothes brush	Many brands procurable in country at the stores. But take enough for voyage.
Maps	Procurable in country.
Steel chain	
Tobacco	
Pipes	

CHAPTER I.

PART II.—ESTIMATES.

These must be understood to be over estimated rather than under. To form a more accurate idea of the total expenses five per cent. at least should be taken off these totals, for excess in estimated expenses. The Firms in Chapter VIII. can cut these prices considerably. In addition to this, another five per cent. at least can be taken off the prices if all the articles are purchased through an Agent who can make arrangements to suit the convenience of clients. Messrs. Way & Co., Ltd., are prepared to advise on all such matters, and from them also all necessities and information can be obtained (see Chap. VIII).* The prices here given are adapted for the benefit of readers who wish to pick a thing here and there, and do not require the whole list. These lists are those already given in the Outfit in the same order.

UNIFORM :—				£	s.	d.
One khaki Norfolk jacket	1	10	6
Two khaki trousers @ 12s. 6d.	1	5	0
Two white mess jackets @ 18s. 6d.	1	17	0
Two mess trousers @ 12s. 6d.	1	5	0
One silk cummerband	0	15	0
One pair Bedford cord riding breeches...	2	2	0
„ „ khaki drill	2	17	6
„ „ white moleskin	1	10	0
„ „ brown gaiters	1	1	0
„ „ dark blue putties	0	3	0
Total				£14	6	0

* The names of firms supplying equipment for Central, East, and Wes Africa will no longer be mentioned in Colonial Office circulars. The above firm, formerly so described, are recommended to readers.

ESTIMATES

MUFTI :—

	£	s.	d.
One summer Tweed suit	5	5	0
One flannel suit	4	4	0
Two pairs flannel trousers	2	0	0
One warm Ulster	7	7	0
One mackintosh	3	3	0
One grey alpaca coat	0	15	0

Total £22 14 0

HEAD GEAR :—

	£	s.	d.
One khaki sun topi	0	14	6
One white cover for above	0	5	6
One grey double Terai hat	0	18	0
One straw or Panama	?	?	?
One cap	0	5	6

Total £2 3 6

FOOT GEAR :—

	£	s.	d.
Three pairs brown boots @ 21s....	3	3	0
Three pairs canvas boots @ 7s. ...	1	1	0
One pair field service boots	1	15	0

Total £5 19 0

LINEN :—

	£	s.	d.
Six soft shirts @ 6s. 6d.	1	19	0
Two ordinary dress shirts @ 7s. 6d.	0	15	0
Eight celluloid collars @ 8s. a doz.	0	5	4
Six white tennis shirts @ 6s.	1	16	0

Total £4 15 4

HANDKERCHIEFS :—

	£	s.	d.
One and a half dozen. (Not best linen) ...	0	6	0

ESTIMATES

TIES :—

	£	s.	d.
Two black silk bows @ 1s. 6d.	0	3	0
Two knitted silk (if bought these are 2s. 6d. each)	0	5	0
Total	£0	8	0

UNDERCLOTHING :—

	£	s.	d.
One sweater	0	7	6
Two Bush shirts @ 12s. 6d.	1	5	0
Twelve pairs socks @ 1s. 10d.	1	2	0
Six thin vests @ 6s.	1	16	0
Two warm vests @ 6s. 6d.	0	13	0
Six thin short drawers @ 5s.	1	10	0
Two thick drawers @ 7s. 6d.	0	15	0
Three coloured flannel shirts @ 7s. 6d.	1	2	6
Total	£8	11	0

PYJAMAS :—

	£	s.	d.
Four wool suits @ 15s.	3	0	0
Four wool cummerbands @ 3s.	0	12	0
Two warm wool suits @ 18s. 6d.... ..	1	17	0
Total	£5	9	0

DRESSING GOWN :—

	£	s.	d.
One long warm	1	10	0

SCARVES :—

	£	s.	d.
Two white silk @ 7s. 6d.	0	15	0

ESTIMATES

PADS :—

				£	s.	d.
Two khaki quilted @ 5s.	0	10	0

BEDDING :—

				£	s.	d.
Two warm blankets @ 11s. 6d.	1	3	0
Two Jaeger sheets @ £1 1s.	2	2	0
Four linen sheets @ 11s. 6d. a pair	1	3	0
Six pillow slips @ 16s. 9d. a doz...	0	8	6
Six table napkins @ 3s. 11d.	0	3	11
Six table cloths @ 3s.	0	18	0
Four bath towels @ 2s. 6d.	0	10	0
Six face towels @ 8s. 6d. a doz.	0	4	3

Total £6 12 8

TOILET REQUISITES :—

				£	s.	d.
Two razors @ 7s. 6d.	0	15	0
Two strops @ 3s. 6d.	0	7	0
Two shaving brushes at 5s.	0	10	0
Six tooth brushes @ 9d.	0	4	6
One dozen tooth powder @ 9d.	0	9	0
Two sponges @ 3s. 6d.	0	7	0
One dozen soap @ 3d.	0	3	0

Total £2 15 6

LAMPS AND LIGHTING :—

				£	s.	d.
One Lord's lamp complete	1	10	6
One copper folding lamp	0	9	0
Three dozen tropical candles @ 1s. 2d. doz.	0	3	6
One burning glass	0	1	0
One tinder box, steel and flint	0	1	0
Three packets wood matches	0	0	9

Total £2 5 9

ESTIMATES

CAMP FURNITURE :—

	£	s.	d.
One bedstead and rods	1	15	0
Two nets @ 18s. 6d.	1	17	0
One piece netting @ 2s. 10d. per yd.	0	8	6
One cork mattress	0	8	0
One hair pillow	0	4	6
One wire spring pillow	0	10	6
Two feather pillows @ 7s.	0	14	0
One hammock and ropes	0	12	6
One folding table	0	7	0
One deck chair	0	11	6
One folding chair	0	6	0
One Rhoorkhi chair	1	3	0
One folding wash-stand	0	7	6
One tin bath in wicker case and with lining	1	14	6
One folding mirror	0	2	6
One 80-lb. tent	7	8	0
One portable latrine	0	11	0

Total £19 1 0

COOKING POTS :—

	£	s.	d.
Six aluminium assorted from 1 pint to 1 gallon	0	6	0

Total £0 6 0

GLASS AND CROCKERY :—

	£	s.	d.
Six aluminium tumblers @ 1s.	0	6	0
Three enamel cups and saucers @ 1s. 6d.	0	4	6
Six enamel large plates @ 1s. 6d.	0	9	0
Six enamel small plates @ 1s.	0	6	0
One enamel teapot	0	2	3
Two enamel vegetable dishes @ 2s. 10d.	0	5	8
Two enamel meat dishes @ 2s. 2d.	0	4	4
Two enamel egg cups @ 5d.	0	0	10
One enamel milk jug (1 pint)	0	1	3
Two enamel pie dishes @ 1s.	0	2	0

Total £2 1 10

ESTIMATES

TIFFIN BASKET AND FITTINGS:—

	£	s.	d.
Basket with partitions and lining, lock and hinges	1	12	0
One Berkefeld hand filter in tin case	1	14	6
One sparklet syphon	0	2	0
Twelve dozen sparklet bulbs, large size, @ per dozen 1s. 4d.	0	16	0
One enamel tin (12 ins. square by 8 ins. deep)	0	2	6
One glass flask wicker covered	0	2	6
Six large forks, 9s. per doz.	0	4	6
Six small forks, 6s. 6d. per doz.	0	3	3
Six large table knives, 32s. 6d. per doz....	0	16	3
Six small table knives, 23s. 6d. per doz. ...	0	11	9
Six dessert spoons, 6s. 10d. per doz.	0	3	5
Three table spoons	0	2	6
Six tea spoons	0	2	0
One corkscrew	0	0	6
One tin opener	0	0	6
One sausage-machine	0	8	6

Total £7 2 8

SADDLERY:—

	£	s.	d.
One saddle	5	0	0
One numdah	0	8	0
One pair stirrups	0	6	0
One pair leathers	0	8	6
Two girths	0	3	8
One surcingle	0	6	0
Two blankets @ 7s. 6d.	0	15	0
One watering bridle	0	9	4
Twelve yards of rope for picketing	0	4	6
One bridle and reins	0	13	0
One snaffle bit	0	5	0
One rubber bit	0	5	0
One 9th Lancer bit	0	7	6
One Martingale	0	5	4
Two curry combs	0	2	0
Two brushes	0	9	4
Six dusters	0	1	0

Total £10 9 2

ESTIMATES

BATTERY :—

	£	s.	d.
One 303 rifle	8	8	0
One 12-bore D.B. gun	15	15	0
One 475 Webley	5	5	0
500 303 soft nose cartridges @ 14s. 6d.	3	12	6
300 No. 2's 12-bore cartridges @ 9s. 6d.	1	8	6
200 No. 6's 12-bore cartridges @ 9s. 6d.	0	19	0
200 Webley man-stopping revolver cartridges	0	15	0
Total	£36	3	0

FISHING ROD :—

	£	s.	d.
One rod	0	10	0
24 yards oiled line	0	3	6
6 yards gut	0	1	6
24 hooks	0	1	0
Total	£0	16	0

BOOKS :—

	£	s.	d.
Two "Verb. Saps." @ 2s. 6d.	0	5	0
One "Malaria and its Cause," Liverpool School of Tropical Medicine			
Two vols. R.G.S. book			
"The Maintenance of Health in Tropics," by Simpson	0	2	6
One "First Aid Hand Book"	0	1	0
One copy "Shakespeare"			
One "Hausa Grammar"	0	2	6
Total	£		

In addition, professional books must be taken.

JOURNALS :—

See Chapter VIII.

MEDICINES :—

See Chapter III.

ESTIMATES

WINES:—

	£	s.	d.
Twelve pints dry Champagne @ 6s. 6d. ...	3	18	0
One pint best Cognac @ 7s. 6d....	0	7	6

See Chapter VIII.

Total £4 5 6

PROVISIONS:—

One fortnight's stores only, for River Trip.

	£	s.	d.
7 lbs. ship's biscuits @ 5d. ...	0	2	11
6 lbs. flour ...	0	1	0
3 tins roast beef @ 1s. 11d. ...	0	5	9
1 tin spiced beef (2 lb.) ...	0	1	7½
1 tin lamb and peas (2 lb.) ...	0	2	3
2 tins tongue @ 1s. 2d. ...	0	2	4
1 tin turkey (2 lb.) ...	0	3	2
6 tins vegetables @ 2½d. ...	0	1	3
4 tins sausages @ 7½d. ...	0	2	6
6 tins sardines @ 5½d. ...	0	2	9
3 tins bacon ...	0	3	0
2 lbs. sago @ 2¼d....	0	0	4½
2 lbs. rice @ 2¼d. ...	0	0	4½
12 small Bovrils @ 11½d. ...	0	11	6
6 squares desiccated soup @ 4½d. ...	0	2	3
1 lb. tea ...	0	2	0
12 tins unsweetened milk ...	0	5	6
1 tin figs (3 lbs.) ...	0	1	10
4 tins Plasmon cocoa @ 9d. ...	0	3	0
1 tin cheese @ 10d. lb. (3 lbs.) ...	0	2	6
2 tins jam @ 7½d. ...	0	1	3

Total £2 19 1½

MISCELLANEOUS ARTICLES:—

	£	s.	d.
Field glass ...	4	4	0
Camera @ £3 12s. 6d. and 12 spools @ 2s. ...	4	16	6
Water bottle ...	0	6	3
Shikar knife ...	0	9	0

ESTIMATES

MISCELLANEOUS ARTICLES <i>Continued</i> :—						£	s.	d.
Hunting knife	1	1	0
Medicine case	2	2	0
Haversack	0	4	6
Belt	0	4	6
Clinical thermometer	0	0	9
Fahrenheit do.	0	2	6
One good magnetic compass	0	16	0
One travelling clock	2	2	0
One watch	2	0	0
Set of tools	0	15	6
Copper wire	0	3	6
Assorted nails, rivets, &c.	0	3	0
Sandpaper (12 sheets)	0	1	0
Two tape measures	0	0	2
Housewife, fitted scissors, &c.	0	3	9
Stationery	1	0	0
Writing case	0	7	9
Fountain pen	0	10	6
Ink (three bottles, for fountain pen)	0	3	0
Taxidermine (Paste and Powder)	0	9	0
Skinning knives, &c. (Set 3)	0	1	7
Paint-box and sketching materials	0	10	6
Gramophone (Records @ 7s. 6d. each)	6	10	0
Boot-laces and polishes	0	3	0
Pipe clay	0	1	0
Dusters	0	1	11½
Language books	1	0	0
Tennis racket	0	15	6
Umbrella	0	5	6
Polo sticks	0	4	3
Piano	15	15	0
Game traps, with chain	0	11	6
Braces	0	2	6
Total						£48	8	5½
OUTFIT EXPENSES :—						£	s.	d.
Uniform	14	6	0
Mufti	22	14	0

ESTIMATES

OUTFIT EXPENSES *Continued*:—

	£	s.	d.
Head gear	2	3	6
Foot gear	5	19	0
Linen	4	15	4
Handkerchiefs	0	6	0
Ties	0	8	0
Underclothing	8	11	0
Pyjamas	5	9	0
Dressing gown	1	10	0
Scarves	0	15	0
Spine pads	0	10	0
Bedding	6	12	8
Toilet requisites	2	15	6
Lamps and lighting	2	5	9
Camp furniture	19	1	0
Glass and crockery	2	1	10
Saddlery	10	9	2
Fittings of tiffin basket	7	2	8
Battery	36	3	0
Books	2	0	0
Wines	4	5	6
Fortnight's stores	2	19	1½
Miscellaneous articles	48	8	5½

Grand Total £211 11 6

It is repeated that these are 'store' prices as a guide to purchasers, who should go through the lists with a note-book deciding what they already have and what they will take. It may be said roughly that a good outfit, excluding guns, can be obtained for £100. This should not alarm anyone. Remember you will do hardly any shopping till you return. The expense is spread over a long period. Many men do not think of this.

Nota Bene.—It is better to anticipate one's salary by an arrangement with an agent or banker or make an agreement to pay by instalments rather than to go out to a bad climate incompletely fitted out. "Verb. sap."

CHAPTER II.

LIVERPOOL TO LOKOJA ALONG THE COASTS.

**A descriptive Chapter with a Summary of useful
Notes appended.**

THE ROUTE ; SALLEONE ; NATURE'S BOUNTY ; THE MAMMY-
CHAIR ; OLD COASTERS ; LADIES ; THE COASTS ; THE MAN IN
THE SUN-HAT ; PIGEON-ENGLISH ; FORCADOS AND BURUTU ;
THE DELTA ; THE UPPER NIGER ; LOKOJA ; IMPORTANT
VOYAGE NOTES.

There was once an Official (capital O, please) in Downing Street who thought that the Bermudas and Burma were one and the same. The tale is threadbare, and its hero, dear old gentleman, has long since retired from the scene of all earthly enquiries, but as the mantle of his ignorance has fallen on many other shoulders (not necessarily officials) the anecdote is noteworthy for Empire wanderers.

It always comes as rather a shock to a man to learn that his interests and career lie in a land of which many of his contemporaries have never even heard.

The "man in the street," whose opinion looms large before the eyes of politicians, has a brother whose voice is no less certain if less strident, but who is, as he sometimes feels, ignored. He might be known as "The man in the sun-hat," and there are plenty of him. He, by the way, is not the fool of the family. Lokoja is the door to one of his new dwellings.

There are probably people who, like the bureaucrat just mentioned, are shaky as to the distinction between Lotusland and "the vexed Bermoothes." How much more then is it likely that there are quite a-many who feel vague about the terra nova of Nigeria the Northern.

In this case there would seem to be no other title with which its own could be confused, although once, when I heard it mentioned in a general conversation, a lady, who had caught the sound but not the context, remarked that, "Yes," she had "always thought it such a pretty creeper." We all know that lady.

Should you now be among these, who are members of the World's greatest Empire, but could not tell a foreigner where much of it lies, there is yet no need, in this instance, to turn up the N's in the atlas index, for the Protectorate (not yet a Colony) is easy to find in your mind's map with only a slight description of its whereabouts, and this article will serve to place the Nigerias.

And as the route thitherwards is at least as interesting as that Eastern voyage about which so much has been written, it may be considered fair to devote some short space to an impressionist's sketch of the journey. For, as the painter or author steep himself in the atmosphere of the country or period which his art is about to depict, before commencing work, so does a traveller to a far newness gradually assimilate a background for his ideas about his bourne, before reaching it, by talk with old-timers, and by the local colour of the stepping stones, the stoppages en route.

The Route. We are going, then, to Northern Nigeria, and the "only way" for a white man is by sea and river.

If you are black, speak Hausa, and conceal your valuables with your fear of death together, you may, with luck, get through from Tripoli. But, as you are as-

sumedly not the first, cannot speak the second, and have no desire to perform the third requisite, to ship from Liverpool were best.

Thence the road is easy to note, straight south, on the Cape route as far as Cape Verd, which is the hunch on Quilp Africa's back, and thereafter we take the first turning on the left, east almost at right angles.

As the outward-bound mail-boats do not
Salleone. now call at the Canaries, or Madeira, Sierra Leone, "White man's grave," is the first landing since England, and is the Port Saïd to "The Coast." The Port Saïd, in the sense of being the demarcation which ends Europe for us now, as does that hybrid sink of the sins of three Continents for the Eastern voyager.

Once you have had a cocktail at the Club in Salleone (note the right pronunciation), have posted the first letters home, and glanced in at the perfectly awful "hotel," Europe drops utterly behind, and the Tropics hold sway. On the "Long trail" once again.

Port Saïd leaves on the virgin memory a picture of white houses with jill-mills (jalousies), of the aged porpoise in harbour who chases the row-boat, of the coaling rythm of the coolies, the solicitations of the donkey-boys—and others, while everything simmers like a cinematograph in brilliancy, a brilliancy of arid sun-glare.

There is here at Salleone to be seen and heard openly none of what was at Port Saïd before the Gippy police took the place in hand to purge it of the many uglinesses which reeked to high heaven and which have gone, along with the somewhat harmless El Dorado, roulette swindle.

Now Salleone does not scorch the arrival. Hot it is, but with a hot-house heat, a Kew Garden palm-house

steaminess. Everywhere is vegetation, effervescing growth and efflorescence of flowers. A tree-smothered hill stands over the town, where, with its wharves, it lies at the sea's rim, just as though the luxuriance of verdure were pushing them into the water.

The bungalows also, scattered about the slopes, look as if they had firmer roots than those others already thrust to the low shore, but the impression grows that they, too, will soon surrender and be boscaed from their holding.

Roads straggle and climb about among the bamboo huts, mud, and brick houses.

Grandiloquent names of streets, painted on irregular boards, are here and there nailed askew on corner palm trees.

A washed-out, limp, dead-white European passes in a hammock. He is not on the way to die in hospital, that is the Salleone complexion.

This is a week-day, and the Sunday native is not abroad. He and she are not so loveable then, dressed to the eyes in store-clothes, either in appearance or in manners.

To-day the native town seems mostly women and pickins (children).

The mammies (women), broad-figured and faced, are picturesque in their bright cottons and their head-kerchiefs. They all carry calabashes of every size, shape and quantity.

The Sunday or "civilised" negro and the calabash are worth comment.

Enough here to say, of the former, that there is a cathedral at Salleone, and that the white man does not rule as we understand that verb in Northern India and Northern Nigeria.

The negro does not improve by petting.

Nature and the Negro. The second, the calabash, is typical of a factor which must be taken into serious account by all those who are interested in the development of the West Coast, philanthropists or money-makers.

This factor is the bounty of Nature, through the past ages, to the black man, who must be counted on to supply the labour, without which no undertaking can advance.

This bounty has made the Coast native, to a great extent, an indolent, improvident animal. Even as she has given him the calabash gourd, a utensil for every conceivable use, of every possible shape, from basin and basket to bottle and jug, so does she alike supply each want without toiling or spinning.

These are the Coasts whence the slaves for America were "blackbirded" of old.

Do the States find that the years have stirred the negro from his heritage of inertia to strenuousness?

Did the old-time picaroon find him, or Legree make him, labour for the love of it or even for the result?

"I guess not," says the South, "I trow not," say they.

The man-in-the-sun-hat wants the powers that be to remember this, when the Kings of Commerce banquet together on their cool Olympian heights, that cotton-gins will not work of themselves.

But the great future before West Africa, and the splendid potentialities of the land, will be worth the combating of the labour troubles that would seem to lie ahead.

At Salleone may be read the A B C of the whole book of that coast whose length we are going to the Niger mouths.

It is permissible to imagine the immortal Jingle, if he ever came here to play his cricket in the sun with

Quashie, muttering as he goes abroad in the mammy-chair: "Black children—vain, very. Over-conciliatory policy, weak—very. All sugar and no stick for children, bad—very bad. Lucky for the Hon'ble Sambo, Esq., that the war-boys did not reach the town."

The war-boys were the Mendé and the Timene tribes who so recently were suppressed in rebellion, but not before they had massacred some men—white men who could ill be spared, and some devoted missionaries.

Everyone mutters when for the first time
The Mammy-Chair. in the mammy-chair, though it may be questioned if the remarks are of any other kind than a prayer for safety. It is a huge palm-oil puncheon, out of which the halves of a dozen staves have been sawn, and a bottom put to the hole as seat. To dangle in this from a crane, with a surf boat jiggling far beneath you is an experience not enjoyed by invalids, and others.

One black man at the donkey-engine winch is the lord of your fate, while another, with signalling arm erect, watches for the second when the little craft comes up on the swell, and then, with a yell, a rattle and a dislocating bump, you are in the surf-boat going ashore.

It is as amusing to watch as the Calais packet from Dover pier after a bad crossing. Coming on board, as Jingle did, and you have in this case, is not half so exciting.

From Salleone to Callabar there is a washer-man on board for his own exceeding profit and the cleaning of passengers' underwear.

Once they have sniffed the subtle airs of
The Old Coasters. the coast, they never go ashore before their destination, the old coasters on the steamers are in their element.

As Miss Kingsley tells, they hold a ghoulish terrorism,

a tyranny of corpse yarns and prophecy over all new voyagers to these seas ; and they say unkind things, too, sometimes of that gifted lady's book, perhaps in jealousy of her occasional excursions into their own realms of long-bow drawing.

Certes, the climate is deadly bad, treacherously, murderously bad, but "poor Jones" never could have died in such contortions of such pain in so short a time under such depressing circumstances as they will tell to a shuddering circle.

The very way in which they will mention *Craw-craw* alone makes the flesh creep as if its symptoms were already seizing the hearer.

Ladies.

The West Coast is in no way impossible for ladies, and there are some few of these along the wide littoral, who have pluckily followed their men-folk, but it must often seem to them here, as it must on the great liners to the East, that they are regarded as trespassers on a territory not their own.

The "lord of Creation" when travelling in tropic climes somewhat resents the keeping up of appearances which the presence of ladies demands of him, but he will nevertheless acknowledge, when he reaches home again, that the little effort against slackness did and does him good.

In the bad old times there were wild days on the ships of this route with the liquor-bars on the way down to the saloons and cabins, and the cocktail-hour began early and ended late.

The Gold-mining Companies still send out some very queer fish, for whom perhaps the first-class passage is a bait which attracts, and who like to journey with a cigarette stuck behind each ear and eccentric red-hued language on their lips ; "a cigaroot" they would call it.

But these are now kept in hand by the excellent discipline of the liners, and by the predominating influence

of the Government officials and other sober souls going and returning between the Colonies and home.

Before the tone was thus improved it is easy to believe that any man would have very much preferred that a young wife should not come out to take her first impressions of the new land and life from her *compagnons de voyage*.

But circumstances are hard task masters, and even, in the rough times, ladies came through it all.

The Coasts.

The course is now right along the historic sea-line, broadside on to the Gulf of Guinea swell, and such rollers as these are.

Past Liberia, the black republic, of which are many quaint tales, the Grain Coast, the Ivory Gold, the Slave Coasts to the Oil Rivers, while the old Coasters welcome each well-known offing with fond revilings.

Pronounce them properly, thus—*Accra*, *Grand Bassam*, and *Axim*, all the emphasis on the last syllables.

A hilly coast always gives a sense of romance, a low-lying one seems full of treacherous secrecy.

This is all sea-level low.

Four lines of colour draw the picture.

One, long and blue-grey for the sea, over that the snow-white length of the surf, then the yellow strip of the sand, cut off by the interminable dark green border of the vegetation, from out of which stand the palms and above all the last line of the sky's blue.

That is all for the exiled eye to watch day after day and league after long league.

The Portuguese held this weary sea-line once and have left their trace in the whitewashed forts on the rocks where the little dreary towns break the monotonous horizon.

The heart aches to see the departing at each port as the steamer lies far out in the rollers.

As the surf-boat grows smaller and smaller away from the tall ship, the one or two sun hats among the black heads seem pathetically desolate against the background, the black Continent.

A bad climate, yes, and a hard life, and will that sun-hat ever climb a ship's side again?

You turn inboard again with an increasing sympathy and admiration for these Empire builders, as officials or as types of commerce following the flag. Out here the trader preceded rather than followed the soldier, when he did not embody both professions in himself.

The Man in the Sun-Hat. The smoking-room is full of opinions of "The man in the sun-hat." Listen to one of the first cropping up. Like the man in the street his idiosyncrasy is to say what he thinks, whether right or wrong. Here it is that he insists again and again that one of the difficulties of the coast administration arises from an imported spirit of negro agitation, of which much comes from the States via Liberia.

A race, which, as America knows, can combine a camp meeting and dastardly outrage in one afternoon, it is not easy to manage, when, to an organised system of secret societies and devilish Ju-ju, is added a sort of childish Home-rule propaganda.

Clearing away sentiment and prejudice, a simple cause would appear to have made our rule on the coast into a problem.

It is this—that we know clearly the white must rule the black, as the world is at present, or, to put it without any boggling, the black is the inferior being.

But in our wisdom we will not act on this which we yet acknowledge to be a fundamental fact.

The law then says that both races are equal, but in the human nature of every man administering that law is the instinct that they are unequal.

Here is the weakness of the whole position, as it appears to the sun-hatted man in the street.' We have a law based on a false foundation, and, as a consequence, practice and theory are in constant opposition. The law is stultified in being.

The West African tribes, civilised or otherwise, cannot be compared with our brothers and children, the best races of India, but, as an example of a perfect *modus vivendi* between native and white sahib, may be cited the relationship between the British officers and the Native of an Indian Army regiment.

Mutual affection and respect is co-ordinated with a loved and mutually-supported discipline.

Let it not be imagined that the negro respects the more for giving him baronetcies, for letting him waltz with our women at balls, and for a nervous submission to the Auntie Fuss doctrinaires at home.

Get back to the simple facts of life, says "the man in the sun-hat," to that which is at the core of each man's mind, be he philosopher, soldier, missionary, or political. Black and white are not equals.

Would you let your sister marry a native ?

The question is not asked of stay-at-homes, or T.G.M.P's., but of the men who know.

And the other question. Does the black man mind giving, or selling, you his women-kind ?

The answers are proof enough that white humanity holds apart, *above* the other. The black owns his true position, civilised or savage.

The law has only then to accept the thing as it is. There need be no change, no revolution.

Let each race keep to itself (as much and no more) as it does away from headquarters. And let the footing be the same.

In the Bush you find friendship and loyal working

between black and white. At headquarters you see jealousies and hatreds.

In the Bush the realities are respected—at headquarters a farce is played. Let us have done with it, says “the man in the sun-hat.”

The honeysuckle English village has its scandal, Anglo-India its “gup,” but the coast has an ear-burning talk of its own.

It may be learnt, from Lagos Club to Old Calabar and Salleone, why a certain fair lady came out in a hurry and went home if possible faster than she came; whyfore and the true inwardness of a negro king’s little advertisement trip to Europe, and a hundred and one things of which the newspaper accounts read very differently.

The jargon, pigeon-English, to which much of it is set, lends to the forked tongue of rumour an attractiveness which it should not possess. As in the East, it is somewhat a matter of “form” not to use the idioms of the country except when away from it, but certain words and phrases, by their simplicity and beautiful appropriateness insist on being used. It is a pity that so many writers of fiction who employ the coast negro as a character, do not study the language, for pigeon-English is a tongue of its own.

The type, however, on which they would seem to base their ideas is the Stage Coon. Like him there is nothing in life.

It is as irritating to a reader who knows the real article, as it is for a soldier to pick out the officers in a war-picture wearing their swords and sashes on the wrong side, and more so.

As suggestions to these writers, some of the most common expressions may here be given without taking over much space.

By the judicious use of these an appearance of local colour may be obtained.

"Chop," "palaver," "one-time," "look-um," and "fit," as Pickwick told Count Smorltork, "comprise in themselves" quite a dictionary.

"Chop" is, of course, all food and meals. "Palaver" covers in its scope any undertaking, business, bandobust, &c. Thus mammy-palaver is anything feminine in the way of affairs, such as a divorce case, a fight, or a meeting. Poison-arrow palaver is an expedition, and so on. "One time" means "now," equalling *ek dum* (in a breath) of Urdu. "Look" is always used to do with the sight, *not* the verb "see." To this point Captain Kettle and Co. please "look um proper."

"Fit" means capable, able to; and "catch" is used in the sense of "arriving at." "Too much" simply implies very, not necessarily excess.

Thus a spy's report might run: "When them king look um proper it be polis-master he no fit to stay. He lib for bush one time, no take mammies, no pickins, he leffum all thing. He fear too much. He savvy he be plenty too much bad. Him brudder him talk sweet mouth, say polis-master be all same like fren, no make palaver, but no good. Monday he catch plenty far too much."

Of which the Englishing runs: "When the king saw there was no doubt the police officer was come, he fled to the bush instantly, leaving behind him all his family and belongings. Knowing his own reputation his brother's persuasion was no use, though the latter said that the police officer had no hostile intent. By next Monday he will have got far away."

This is all easy enough to read, but when jabbered in a husky voice, with an occasional lapse into Yoruba, Kuku-ruku, or heaven knows what, the translation requires practice.

Lagos.

All this time we are lying in Lagos Roads, where the sharks do congregate, warily distinguishing between the baited hooks and the harmless offal from the "doctor's" galley.

A branch steamer comes fussily out over the shallow bar to fetch cargo and passengers.

Of the town there are only visible a few roofs and a spire.

Lagos has a native press, who are now handicapped in their old game of playing "you can't catch me" with the laws of libel, by having to place a substantial deposit with the administration as a guarantee of responsibility.

Most officials of the colony, and of the province of Illorin, N. Nigeria, which is on the borders, have, however, a pleasant collection of Lagos cuttings accusing them of every malpractice from embezzlement to high treason.

With Lagos left behind, the nervous traveller begins to worry about transhipment from the liner to the Niger stern-wheeler.

The old-timer, the 'sour-dough' as men of the Klondyke would call him, on the other hand, does not fret himself, although he knows that Forçados is near, and that the loss or safety of much of his entire kit depends on his efforts alone.

But he hies him to the writing room, to there make out half a dozen lists of his property. These he distributes handily through his pockets, and this precaution taken, sets about arranging for the composition of his mess on the river trip.

By honied words he induces a new-comer to be the caterer of his little coterie (a new-comer with easily-got-at and extensive supplies of "chop"), and thereafter faces the future with untroubled mind.

Forçados. Forçados bar explains why the coast steamers have flat bottoms, as it gives the boat gliding over it, dead slow on the full-tide, a grating bump.

Of all forsaken-looking spots Forçados strikes the voyager as the most abandoned. But, let him wait until he has also seen an up-river trading "station," one little tin-roofed house in the middle of wild nothingness! Forçados looks gay in comparison.

The sea, whose waves seem a link with home, and the coast are now left out of sight, and the ship streams through a great mud-coloured lagoon, shut in all around by the mangroves.

This is one of the myriad mouths of the Niger delta.

At the steamer's progress a part of the dark wall seems rather to recede than an opening to be disclosed. And — there is Forçados! A few old hulks lie low in the water, a low lighthouse is there, and a pair of tin-roof bungalows stand on low piles, while an everlasting dreariness broods on the flat scene.

Burutu. Burutu appears a little less gloomy, for the warehouses of the trading companies, and a brick rest-house, give a fictitious air of population to this place in the swamps.

The transhipment has taken place.

The passenger's baggage is in a lighter (or lost for ever) and he himself is in the tiny launch which tows the barge.

The launch engine will probably break down after a mile or so of steaming, and a sweltering hour of repairs be necessary, tied among the mangroves against a fetid bank.

A dug-out drifts past and a few naked aborigines of the delta disclose themselves on the bank, their neighbourhood already betrayed by the empty gin bottles

which lie on the slime, among the gaunt mangrove roots.

The paddle stern-wheeler waits against Burutu wharf.

She has brought down the mails from Lokoja, where they have collected from all the white men scattered over the great Protectorate, taking many weeks some of these exiles' letters, in reaching the safety of a red-sealed bag.

Perhaps there are letters in those bags lying on the little awning-covered deck, whose writers are already for ever beyond sending any more messages to their homes, their loves, and their duns.

That is a thought bred in the new arrival's brain by the atmosphere of Burutu, and by the sight of the little over full cemetery in the water-logged soil.

This is the last resting place of many who have thought that they have got away "just in time," but it has only been just in time to see the home-bound steamer at her moorings, and then the tired, fever-wasted, and so lonely exile has gone "on leave" for good.

No, Burutu does not engender other than sad brooding.

The small river flat-bottomed boat is fussing to return on her up-journey. She is meant to hold half a dozen passengers in comfort, but, in their eagerness to get away from Burutu, four times that number have at times crowded unhappily on board.

Very flat is the Niger and very wide—pea-soup in colour. Oily, horried eddies cover its surface from bank to bank. When an alligator slides hideously into its hiding depth, or a fall of mud disturbs it, the splash is as of some liquid more dense than water.

A swirling, but no light rippling circles, follows the disturbance. Always the river looks evil, secret, and treacherous.

**The Delta and
Lower Niger.**



A RIVER STERN-PADDLE-WHEEL STEAMER.

Upper deck for Europeans, lower for Natives and Cargo.

Down in the Delta, and even so far up as Onitsha, the character of a river of Hades is avowed and shown.

On each side, as the steamer fights the current and avoids ambushing snags, the mangroves stand on their long feelers out of the mud, like trees growing on the skeleton ribs of rotted giants.

Creeks and subtle openings, all breathing of miasma and wickedness, are here and there.

Benin Creek, in comparison with some, looks innocent, yet it is the way to the "city of blood."

It is impossible to see far up these openings, for each affluent has a sudden twist, as though intending to hide from the main-stream their route. The lush foliage of trees and creepers aid this design. Behind the screen the dullest imagination can conceive lurking a hundred treacherous deaths.

And truly the alligator and the poisoned arrow are ever ready.

The pile villages of cannibal tribes occur from time to time, where hideous Ju-ju images of wood stand in carven nakedness to view.

Nearing Onitsha and upwards the country
Upper Niger. tries to conceal the vileness of this current
 flowing through it.

Sandy bluffs, topped with coloured foliage and hung with purple convolvulus adorn the banks. Fine silk-cotton trees raise their buttressed, silvery trunks to a tall sentinel height. Natural park-like clearings replace the dense jungle of the lower river, and from Idah to Lokoja constant rises and falls in the riparian scene break all monotony.

Now and again the bungalows, solitudes for three years' residence of the Trading Companies, show around the reaches of the broad, snaky stream.

The view as the boat approaches Lokoja is rather fine.

The river is here perhaps a mile wide, but opposite the town an island splits its expanse.

Occasional grey basalt rocks near shore break the force of the water into white froth.

To the left are wooded hills, all flat-topped kopjes like those of the Indian Deccan.

To the right is a long low tableland ten miles distant, which has as its foreground many little sugar-loaf hills rising from the sloping spurs of the range's foot hills. Thick bush in a mantle over all.

Lokoja lies at the foot of a pate (hill), flat-topped, but irregular in plan. In the jungle of this mountain, twenty years ago, elephants roamed, when Dr. Baikie, the British "Consul," was the pioneer of the present civil and military station. The native town, a collection of bee-hives, is just visible from the "wharf" as the little steamer draws in.

The newcomers to this land crowd the side to get their first impression of Lokoja. Lokoja, the port of Northern Nigeria.

"VERB. SAP." AND VOYAGE NOTES.

Money.

Take £25 with you. It is more than is necessary, but you will feel comfortable with that amount. Cards are played on board, but you will land with more in hand for necessary immediate purchases if you do not gamble. Besides, but "verb. sap."! There is a bar on board, and treating is customary. The wine bills are settled weekly. Thirty shillings a week is an ordinary bill. Money can be drawn on arrival.

Posting Letters.

You can post last letters on board at Liverpool. For a shilling the steamship agent will take the address of anyone you wish wired to at the ports of call to notify safe arrival,



NATIVE TOWN OF LOKOJA.

Cantonment in rear, and river Niger.

during voyage. Sierra Leone is the first place where you can post home, and thereafter at each port of call; the purser will post letters for passengers.

Cabin. Try and get a cabin on the port side going out. You get the night land breeze from that side along the coast. Try also for a forward cabin, and not an inside one.

Bath. On going on board put your things in your berth, and then go to the bathroom steward to pick a time for your morning tub. The early bird gets the best and most convenient hour.

Table. See the head steward about your seat, the sooner the better.

River Trip. Also after Lagos, begin to fix up about your mess going up river. By then you will know who are congenial spirits. Vote one to be caterer, but do not get voted to it yourself, as it means all work and little thanks.

Do not fire at hippos from the river-boat. Crocodiles are a different matter.

Tips. These are customary, neither too much nor too little, being 10s. cabin steward, 5s. bathroom steward, and 10s. table steward. A tip to the bar steward or to anyone else who has been obliging is not out of place.

Customs. There are Customs dues on many articles, such as provisions, ammunition and guns, &c., &c. At Forçados, usually on board the liner, a black Customs-clerk hands each passenger a declaration to fill in. This official is authorised to collect all sums due. Now it is a matter for passengers' consciences, but it may perhaps be mentioned that the luggage is not searched. Further, if you are a Government official, you may reflect, though you should not, that all of the property you have with you is necessary to preserve your

life and to enable you carry out your duty efficiently; the rest of the argument may be left to the passenger. Many estimable persons, it is to be feared, have been smugglers with less reason. It is enough to say, do not worry about customs.

					£	s.	d.
Total Expenses.	Say, wine bills	4	10	0
	Tips	2	0	0
	Conscience salve at Customs				1	0	0
	Subscriptions to ship's charity and lottery tickets			...	1	10	0
					<hr/> £9 0 0 <hr/>		

This is a fair estimate, and to overstep it might argue extravagance or gambling. Note that in some of the boats the captain is an earnest worker on behalf of some excellent seamen's charity, and, like the horse-leech's daughter, for ever cries, "Give! give!"

Luggage. Keep a list handy on boarding, and transhipping, and disembarking, to check your luggage at once. *Some will certainly go astray if you do not.* Do not trust anyone else with this job.

Ammunition. Tell the first officer about your ammunition at Liverpool.

Voyage Home. See Chapter III., Summary and Notes.

Voyage Out. It is not necessary to dress for dinner. On the voyage home some men do wear smoking-jackets and black trousers for dinner, as perhaps evidence of the near approach to civilisation. Ladies, too, come on board at the Canaries. Two dinner shirts are suggested to be taken, to be worn coming home.

CHAPTER III.

THE HEALTH, CLIMATE AND THE SEASONS.

With a Summary, and Notes on Food and Drink.

THE EARLY COASTER ; DEATH-RATES ; MALARIA ; QUININE AND PRECAUTIONS ; CHILLS AND COCKTAILS ; SANITATION ; CRAW-CRAW AND C.D. ; PRICKLY HEAT ; NAMES OF DISEASES ; MURDER ; THE SEASONS ; PUNKAHS AND ICE ; FOOD AND DRINK ; TEETH ; COMMENTS ; DRUGS LIST ; IMPORTANT SUMMARY.

Now the West Coast is a notoriously bad climate, but is not so black as it is painted.

To inquire somewhat the causes which have gained for the land its evil reputation, and how this can be said even in a small degree to be exaggerated, is interesting.

**The Early
Coaster.**

First, it must be acknowledged that until recent years the best class of men have not been attracted to the country. On the contrary, it may be asserted, without fear of contradiction, that, from its early history, the coast was to a very large extent a dumping ground for undesirables.

These were men, often the black sheep of good families, who by dissipation, and by those very courses which were the cause of their exile, arrived with nervous tissue worn and stamina undermined, in a physical condition least qualified to ward off the results of fever and hardships.

Neither were they in a mood to be prudent, and malaria loves the reckless.

Furthermore, they understood the mixing of cocktails too well, and the might of the Sun too little. (Anglo-Indians and West-Coasters always write sun with a capital S, out of respect.) The natural consequence of the going large of these early-timers was that they died off like flies.

So was the beginning of her bad name earned for her by West Africa.

But now that England is sending out, as to her other Britains, of her best, picked men to the Coast, the tell-tale thermometer of the death-rate is dropping fast from the old degree of "deadly" and "dangerous" to a less ominous "unhealthy."

The latitude, with a score of other indigenous causes, will always keep the mercury at that mark of "unhealthy."

Yes, it may now be laid down that, with care and the exercise of certain common-sense rules of prudence, a sojourner on the once dreaded Coast may look forward to returning at the end of his tour of service, or contract, in a fairly good condition.

Death-rates. A word, however, may be spoken with regard to the figures of the before-mentioned death-rates.

These must not be taken *à pied de la lettre*, without discounting the fact that none of the Coast Colonies count as their dead those who die at sea.

As for many obvious reasons, many of the very sick being invalided to Europe die at sea, or almost immediately on landing at the Canaries or Plymouth, it may, and perhaps fairly, be argued that these deaths should in honesty to statistics be added to the roll of that Colony, to the climate of which their decease is properly attri-

butable. (There might be, *certainly*, a time limit.) That this is not the case must hinder, to some extent, the accurate appreciation of the very real improvement in affairs as compared with the old days.

For it is most desirable not to allow any suspicion to rest on the accuracy of that thermometer of health.

In saying that a better class of men are now replacing they of unhallowed memory, it means more than an improvement in physique on the part of the new-comers.

It means that they are also better educated in the causes and remedies of diseases, and in sanitary and hygienic knowledge. Also, that medical men and the local administrations no longer have to war against a dead wall of prejudice and apathy. Both individuals and local bodies act together.

The managers and doctors of some of the Gold Coast companies and of the railway staffs—an appointment in which was once tantamount to a death warrant—now save their subordinates wholesale by the drainage of camps and severe rules of health and sanitation.

Malaria. Everyone has fully realised that malaria is the worst enemy, and that this is proved to be caused by the inoculation of mosquito bite.

That there are some who argue that this is not so is only a trait of human nature, which still finds disciples for the flat-world theory; and, *à propos*, the Nigerian Government actually does own one of these flat-earth fanciers.

His lonely Bush life, in its “flat”-ness, is probably the chief support of his theory. It is fortunate that he should have taken up with so harmless a belief, and not, in a desire for originality, adopted the more handy wrong-headed notion of the friendliness of the Anopheles.

That he has not done so is obvious—the officer still

lives. It may certainly be reasonably disputed as to whether there are, or are not, other causes of malaria, such as the damp and miasma of soils (a).

But the anti-Anopheles campaign has led to such incontrovertible results that it is worth turning all energies against that most unpleasantly gifted insect in the absence of discovery of other sources of the fever.

Malaria is an insidious foe, a cruel enemy.

It finds the weak point in each constitution to attack. The effects last for years and have many complications.

The man going to West Africa who does not adopt every reasonable precaution against malaria, and therefore the mosquito, is a fool ; and the sooner he dies the better for the work he is sent out to do. Let him make way for a man better suited for the country.

Every one has fever sooner or later, more or less.

The intelligent have it later and less.

At the end of this chapter is a summary of every-day precautions against fever and illness.

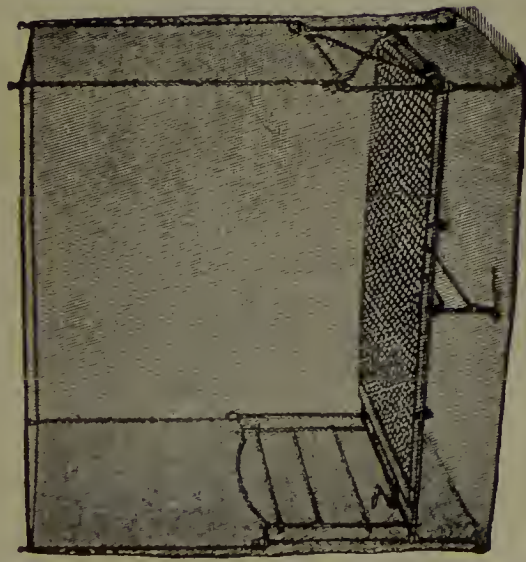
Among these are what may be called, generally speaking, the "five safeguards." They are quinine, nets, the avoidance of natives' quarters, where all the children have malaria and are the source of infection, aperients and boots (b).

Quinine. Quinine must be taken every day in a small, not large dose, or twice a week in 15-grain doses.

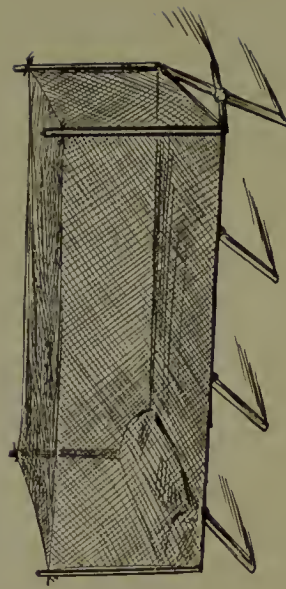
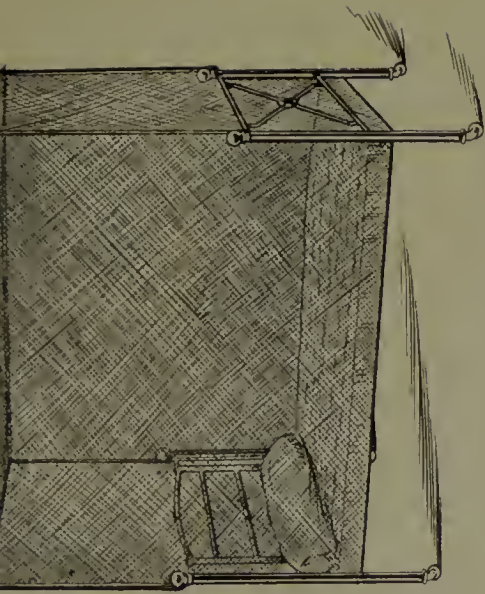
It is no good waiting for fever to come before asking the help of cinchona. The new arrival must begin on the voyage out.

Two or three grains must be taken on waking in the morning before "chota-hazri," which is whatever is the first food of the day. (See meals.) The powder form is

(a) (b) See comment at end of chapter.



THE DEATH TRAP.
How NOT to put up a Mosquito Net.



SAFETY !

How to Hang a Net—a Bungalow, and a Camp Bed

best because most soluble in "the inners," but tabloids are good, handy, and not nasty. Euquinine, being tasteless, is the best, but the ordinary type is easier to get always (c).

Big doses every Saturday, or even 10 grains every other day, are not at all advisable.

For one thing only. The daily dose is easily remembered, and the boy remembers to give master the little bottle when he calls him. The large dose at long intervals is not nearly so effectual and is so easily omitted.

When tired, damp, or much mosquito-bitten, a 5 to 10-grain dose should be taken at once in addition to the morning dose.

Mosquito boots must be worn. The ankles are the favourite grazing ground of the Anopheles. These boots are not hot, and everyone wears them in the evening.

Mosquito netting must be slept under, even for a noon-tide siesta. A "tip" which the Anglo-Indian knows, but not all Coasters, is the importance of tucking the net under the mattress and not allowing it to hang on the floor.

Kneel down one day and look under the bed. There sit in their dark shelter the Anopheles in hundreds, enjoying the daytime rest. When the net hangs to the floor it is useless. The enemy is shut in *with* the victim.

At dawn the mosquitoes gorged with blood, seek their refuge under the bed, and the white man on waking, seeing none on the sides or roof of his net, fondly imagines he has not been bitten.

When the net is tucked in properly, if there happen to be a mosquito shut in, through the servant's or sleeper's carelessness, the insect betrays its presence at once by alarmed buzzing (the tiny trumpet is not in the least like

(c) Refer to comments at end of chapter.

a buzz, but that will serve to describe the well-known and hated sound). A mosquito knows when it is shut in, like a fly does, and shows her alarm. "Her" alarm, because it has been ascertained that it is the female which is dangerous. A cynical jape is obvious here.

The net must be tucked in and there must be no joint in the harness, *i.e.*, no tear in the net. (See Nets in Chapter I., Outfit.)

Aperients. The bowels must be kept open. Mark and digest the fact that constipation brings out fever at once. (See Summary.)

Quarters. The Government official has his quarters provided, when possible (see Chapter IV.), and whether in these or in locally made houses (see Mud-houses—Index) there are, with regard to the mosquito, two further things to be noted: That the mosquito hates light and ventilation is sufficient ground alone for at once advocating fresh air and sunlight.

There must be no hangings or clothes on the walls of the sleeping room or hut.

Stagnant Water. Standing water must not be allowed near house or camp. The mosquito breeds in water and hangs about all damp spaces on matrimony bent. Do not let the boy do what he will do, if not peremptorily checked, and that is, to empty the bath-water close to the dwelling.

It is worth the little extra wrangling to drive this point into the head of your attendant.

By the way, it is easy to make good resolutions in England. It is another thing to carry them out in a bad climate—but it *must* be done. The new Coaster may well pray the Spanish proverb, "The Gods give my donkey wings"—May the Gods give my resolutions staying power!

Mud-hut. A word should be here said for the mud-house, or rather room. The phrase mud-hut sounds expressive of squalor and hardship.

A good mud-hut with thatched roof and verandah is very far from this. In point of coolness and comfort a native-built hut (a new one) is hard to beat. Indeed, the writer has often heard them preferred to the portable building type of house sent out from home. The lack of windows and consequently light is the great drawback. (This is touched on elsewhere, see Chapter IV.)

Chills and Cocktails. These are two factors in health calculations. The former may be stood off by sense ("horse-sense," not faddism). Always wear a wool cummerband at night; always wear wool next the skin (see elsewhere), and put on a big sweater after polo, tennis, and all hard exercise.

The latter—cocktails and their relations—are much preached against. The writer personally shuns them, but gives a few recipes of these (to some) inviting mixtures (Index). Also see Summary, Stimulants; but it may be questioned if it is very often not the alcohol which does the harm (and the result which you see when you attend the funeral) so much as the reckless idiocy which is engendered by a—to borrow a cabbyism—skinful.

There are old stagers who certainly do not stint themselves (after sundown), and who live venerably on, to whom new arrivals point. But, note that these old stagers are the survival of the fittest! They do not forget quinine even when d——k! They do not catch chills even then! Their contemporaries with like tastes, but less canny, are long ago gone aloft, or otherwise.

The Sun. From earliest dawn to about 4.45 p.m. a sun topi (hat) must be worn. The early low rays of morning are quite powerful enough to give a

"stroke." Once sun-struck always sun-struck. Before all things, do not get what Tommy calls "a tap." An umbrella and shaded glasses are very desirable if much in the sun, especially if on the water, where the reflection is to be guarded against. Sunstroke can be got through the eyes. Even if an actual stroke is not the result of imprudent exposure to the sun, sickness, retching and fever will certainly ensue. When shooting, always wear a spine-pad, and a good hat (not one which falls off every time you bring your rifle or scatter-gun up). "Verb. sap."

Sanitation. In cantonments there is an instituted system, but in the Bush a system must be made. A few points are essential. There must be at least daily clearances of pans to a spot not less than 500 yards from the dwellings or tents. Further, this spot must be lower than the camp (to prevent rains causing soil filtration), and it must be below whence all water is fetched. Dry earth, or sand, not wet earth, should be used for the pans (*d*). A portable latrine seat should be taken out—an old kerosene tin will serve for a pan. Servants must all go to a fixed spot, below camp and water-supply, and the further the better. If there is anything a flogging might be excusably given for, it would be for a breach of this camp rule.

Craw-Craw and C.D. There are some diseases peculiar to the West Coast; the new arrival will hear highly coloured tales of these on board the outward bound liner from the old Coasters. Craw-craw sounds evil and is a very unpleasant skin disease. Dirty bathing water and contagion are said to be the causes of this. Contagious disease exists on the Coast. "Verb. sap."

Blackwater is, it is believed, due to repeated attacks of malaria (*e*), though by no means proved. It used to be

(*d*) (*e*) Refer to comments.

imagined fatal, but now men are pulled through it. A well-known Commandant of a French Mission, on his way home told the writer that in the French territory they prided themselves on not having lost a man through blackwater. Medical attention is at once necessary.

Prickly Heat. This is such a universal scourge that it might from its very commonness run the risk of being forgotten.

To some extent it would appear to be constitutional, for some men suffer from it less than others.

It is made worse by perspiration. The drinking of much hot soup and tea must therefore be avoided. All drinking brings out the more sweating, but there is no need to torture oneself by refraining from a draught of cool drink when thirsty.

The rubbing of the skin with lemons relieves, and is said to actually cure the irritation. In Northern Nigeria limes are not, in some provinces, readily obtainable.

Antiseptic soaps do good, such as good coal-tar or carbolic soap (see Outfit).

One of the worst features of prickly heat is that there is a temptation not to wear wool next the skin. It is a fact that light wool vests and pyjamas are no hotter than the same in cotton. Cotton for the second feels cool to the hot skin, but it makes the irritation worse by holding the perspiration. Moreover, in cotton there is the certainty of chill and fever being added to the prickly heat. And when the temperature goes up to 105° on a stuffy night, with bad prickly heat, a very fair idea can be gained of what the early Christian Fathers pictured as Purgatory.

If the reader is a nervous patient he must be warned not to be affected by the names of tropic complaints, which are, in themselves, quite bad enough. For instance, that present

**Names of
Diseases.**

scourge of India has a name gruesome enough to slay by its very horror, but the writer remembers a case when its modern title of bubonic plague was not thought as good.

It was in the plague time in Poona, last year, when a few Europeans were attacked. A subaltern of the Poona Horse, who luckily pulled safely through a bout, wrote his application for leave to England, "having the honour to announce his convalescence from Black Death." That name would, he thought, draw leave from a stone. They were sending him to the Hills after bubonic plague, but they sent him home on the strength of Black Death.

The imaginative traveller must not listen to the ship-board yarns of the coast liners.

The East has come to be looked on as a kind of pleasure resort, but the writer, for one, has heard of, and known of, as many weird happenings there as any of West Africa.

It is only a matter of a few days from Rangoon to Calcutta, but he remembers an occasion, and no one of those then on that Indian Marine boat will forget, how the only doctor on the ship, who came on board apparently fit, was over the side off Star Point at Hoogly Mouth. He died from what the P.M.O. of Calcutta said was *Purpurea flamens*.

If the reader cares for the gruesome he can get information about this disease, and remember it was the hot weather, a small ship, and that if tracheotomy had been possible at sea, there was no one to do it, save a native assistant who went temporarily mad through fear of infection and nerves.

Now the coast cannot do much worse than that in horror of finis or of title of disease. But India as has been said is a place to go to, not to avoid, therefore the Coast need not be feared. Q.E.D.

Murder. The native up country may occasionally be reckoned as a factor in the death rate. Out of fifteen fellow travellers with the present historian two were killed within four months of arrival.

Still blackwater and assassination need not be anticipated !

As someone once said, a butter merchant of Tooting may be incontinently slain by a falling chimney-pot when in a feather bed.

Such environment *sounds* quite safe, so this is comforting.

The seasons are roughly three.

The Seasons. The cold weather lasts from the middle of November to the end of February, when it begins to "stoke-up" in earnest.

March, April, and May are distinctly hot, up to 98° indoors sometimes. There are many places in the world which are much hotter than that inside a house, but in the moist air of the Coast that degree of heat seems sweltering.

The rains or tornado season runs from about June to November.

The Harmattan (the cold) season is at night cold, and blankets are needed. This Harmattan is particularly Northern Nigerian, and is the name given to the wind from the Saharan desert, which brings with it a fine dust, clouding all the horizon, and, in the more remote provinces, necessitating the wearing of a gauze veil.

The tornados come with an incredible rush and fury of water, lightning and gale. In Northern Nigeria the wet season is only a succession of tornados, short storms, but on the coast it is like the rains of the East floods. It is not well to be out of cover when the tornado breaks, and much less so in a canoe. On the rivers the waves get up quite angrily, and a dug-out is often made out of iron-

wood which sinks like stone if swamped. A steel canoe, or launch, should not be against the bank where she will swamp (as has occurred more than once). Tents want carefully trenching at this time, and the guy-ropes looking to.

No Punkahs. It is worthy of remark, and especially so to an Anglo-Indian, that West Africa is a punkahless land without ice.

The lack of punkahs is probably owing to the unlikelihood of the negro adapting himself to the work. No white man's temper could stand a negro on a punkah rope.

Even a tolerable punkah coolie is born, not made.

Ice. The dearth of ice is due to lack of local support. The manufacture of ice on a cantonment scale has been tried, but had to be shut down.

An earthenware cooler certainly keeps, and soon makes, water beautifully cool, but it would be worth, to the Eastern idea, an extra expense if only to hear, cooling in itself, the musical tinkle of a lump of ice in a long peg tumbler (or aluminium glass, as the case may be), not forgetting the urgency of ice for hospital use.

Thanks to a wonderful race, the Parsis, the smallest station in India runs to an ice factory.

It occurs to the mind what a field for the Parsi is the West Coast. May the Parsis think this a word to the wise, and may they act on it soon.

FOOD AND DRINK.

Drink. It is fitting to continue on liquids in the context of ice. And, firstly, it cannot be too often repeated that it is necessary to have all water boiled *and* filtered, and all milk (fresh) boiled. Drinking water should be filtered first and then boiled. The Berke-

feldt filters are good and the most used. The hand pump filter is recommended in the outfit to go in the tiffin basket so as never to be left behind.

But the Stand filter, which does its own filtering, is indeed a boon if the reader is in a cantonment. The boiled water is poured in at the top and percolates through by its own weight (*f*). This type of filter also holds enough for a day's needs, and may be drawn off as required. A damp flannel should be kept round the bottom half of the filter, to cool the water as it comes through. It is a good thing to give the servants to understand that if master gets ill it will be attributed to his having had untended water in his tea or "chop."

Milk is often hard to get, though goats abound. If milch goats are kept the udders should be washed daily, and frequently inspected, and the hands of the "boy" who does the milking washed also. This sounds a difficulty, but if a fixed time is appointed for this to be done, when the goats can be brought to the bungalow or tent and milked in front of the white man, it soon becomes a daily routine. It must be boiled at once. This also helps to preserve it. Plasmon, being the albumen of pure fresh milk, is invaluable, packed in hermetically sealed tins, and should be included in all outfits.

Food. The meat of West Africa is not good, tough and deficient in nutrition. The native servant calls it all, as he calls game, "beef," but it is really sheep or goat.

The ubiquitous bird called chicken also is a mainstay of the table. By the aid of sound teeth, a sausage machine, and much cooking, these meats can be assimilated. A mincing machine is a *sine quâ non*.

(*f*) Refer to comments.

Teeth.

Here must come, without further delay, a veritable "verb. sap." Every one who is going to West Africa must hie him to a good dentist and get his teeth overhauled. Teeth go wrong very soon, and there is no possibility of dental aid. Toothache and fever are a waking nightmare when they come together, and they take care to do so. (See Chapter VIII.)

**To make Meat
Tender.**

There are some Coast joints which are only suited for inclusion in geological museums. These will be recognised when met. They are hopeless.

Ordinarily, beating meat as in England does some good ; but wrapping in a paw-paw leaf is better.

Vegetables.

Onions are a blessing in Northern Nigeria, and with the yam, the sweet potato, and native spinach, furnish a change of vegetable diet, which is very welcome. Vegetables are good from a health point of view and may always be eaten. Note, the look of native spinach, when growing, should be learnt.

These make several dishes which are welcome breaks in the monotony of the menu. Fish must be inspected and smelt before passing it as fit for white man's "chop." Only fish caught the same morning must be eaten. *Note*, eggs may be quickly tested if a whole lot are brought for examination. Put the lot into a calabash or any vessel of water, those which do not sink and lie still may be at once discarded. They are fit for election purposes only, not even "parts," as the curate said, "are excellent."

**Peculiar
Dishes.**

The two dishes peculiar to the country for the European are palm-oil chop and ground-nut soup. They are both excellent. Palm-

oil chop is an *olla podrida*, and there are several recipes. Ground-nut soup is like our pea-soup, with the flour of the monkey-nut substituted for the pea-flour. The ground-nut has, by the way, some properties attributed to it, fact and fictitious, which are worth inquiring about locally.

Fruit. Of course fruit should be enjoyed when possible. Pines are obtainable, also bananas and paw-paw (the *Popeia* of India).

Fruit should be made use of as a laxative, but it must be noted that too much fruit induces diarrhœa, a condition to be dreaded as much as constipation.

When rising, an orange, a couple of bananas, or some paw-paw, should be taken after the quinine as a good rule. The paw-paw is improved if eaten with lime-juice and sugar. It has digestive properties which render it valuable as an after-meal dessert. Fruit should not be eaten after the evening dinner, except a little of the paw-paw.

COMMENTS ON CHAPTER III. BY AUTHORITY.

Reference (a) Malaria has only one cause, inoculation by mosquito bite.

„ (b) To the four safeguards mentioned, viz., nets, boots, quinine, and aperients, should be added a fifth, to wit, the strict avoidance by men camping or living in a mud-house of the native quarters, where all the children have malaria and are the sources of infection.

„ (c) Euquinine, being tasteless, is the best form of quinine.

„ (d) For the pans of latrines dry earth, not wet earth, should be used.

Reference (e) It is believed, but by no means proved, that Blackwater fever is due to repeated attacks of malaria.

„ (f) Drinking water should be filtered *first*, then boiled, because filters are dangerous.

MEDICINE CASE AND LIST OF DRUGS.

(See Chapter VIII.)

The case must contain the following. Any others can be taken if desired.

DRUGS.

- | | | |
|---|------------------|---|
| (1) Quinine, 2-gr. tablets | ... | For fever and all con-comitants. |
| (2) Quinine, 5-gr. ditto | | For fever and all con-comitants. |
| (3) Sulphonal, 5-gr. ditto | | To induce sleep. |
| (4) Soda salicylate ditto | | For rheumatism and pain after exposure. |
| (5) Chlorodyne | | Diarrhœa and choleraic symptoms. |
| (6) Cascara sagrada tablets | | Aperient. |
| (7) Phenacetin tablets | | Headache, brow ache, &c. |
| (8) Ginger, essence of | | Stomach pain, chill, &c. |
| (9) Dover's powder tablets | | Diaphoretic. |
| (10) Potash permanganate tablets | (Condy's fluid). | |
| (11) Epsom salts | | Aperient. |
| (12) Arnica | | Bruises, &c. |
| (13) Also Tannin for bleeding and Ipecacuanha to induce vomiting. | | |

One dozen bandages, two tubes carbolated vaseline, some iodoform lint, strapping plaster, clinical thermometer, pair scissors, drop-measure, glass syringe, and a small lancet.

SUMMARY AND "VERB. SAP."

Voyage Home. This may appear putting the last first, but it is so placed because of the importance of

the matter. (See also Chapter I., Outfit). Too much care cannot be taken by the Coaster of his reserve of warm clothes for the voyage home. Many and many a man who has done his allotted span of exile in fair health succumbs to chill and fever (blackwater included) on board and in England. Warm under-clothing should be put on at Salleone. The first chill of Europe is often entered at about that latitude, and at night when all the ports are open. This home-coming, so much looked forward to, means death to the careless. Quinine must not be given up. "Verb. sap."

Teeth. Teeth must be seen to before sailing.
Well seen to! "Verb. sap."

Quinine. Small doses every day. Increased dose when damp, tired, or bitten. "Verb. sap."

Netting. Sleep under netting tucked under mattress. Look to holes in the nets. "Verb. sap." See Outfit.

Mosquito Boots. Buy a pair as soon as possible. Wear every evening. "Verb. sap."

Aperients. Fruit in the morning before food. Cascara sagrada and Epsom salts are good remedies. "Verb. sap."

Light. Give access to light. Clean out dark corners constantly. "Verb. sap."

Fresh Air. Ventilation is healthy and drives away the mosquito, who does not collect where there is wind. "Verb. sap."

Meals. Always have some food before commencing work. This is very important. Two principal meals at, say, 10 or 11 a.m. and at 7 p.m. A light meal should be taken between the two principal meals. Vegetables whenever obtainable, and these must be always cooked. Do not have many curries or palm-oil chop, they are heating. When prickly heat

is bad, cut much tea and soup. A too large meal is as bad as too little. "Verb. sap."

Stimulants. None before sundown, and then in moderation. Do not give up stimulants if used to them, but do not acquire the taste if an abstainer. A pint of champagne is good, if feeling "that tired feeling." "Verb. sap."

Water. Always filtered and boiled. "Verb. sap."
Keep filter clean, or it is no good.

Milk. Always boiled. "Verb. sap."

Baths. A warm bath, not cold, every day after exercise; before dinner is the best time.

"Verb. sap."

Sanitation. Refer back to paragraph so headed, and "verb. sap."

Sun. A sun-hat must be worn after sunrise, until 4.30 p.m. A spine pad is an Indian dodge and is very good. Once sun-struck always sun-struck. Do not get what Tommy calls a "tap." "Verb. sap."

Clothing. Always wool next the skin. Cummerbands at night, worn over the pyjama coat.

"Verb. sap."

Exercise. Never allow over-fatigue. After exercise, or whenever the underclothing is soaked with sweat, always change. This is why the evening is best for the bath. "Verb. sap."

Chills. The least feeling of shivering or dislike for the bath means fever. Give up the bath, unless going to bed at once, and go to the quinine.

Cheeriness. "Keep smiling," the fever will soon be gone. "Verb. sap."

In everything the Golden Rule is to Go Slow.

"Verbum sapienti sat est."

CHAPTER IV.

THE LIFE AND SOCIAL AMENITIES.

(With this Chapter III. should be read.)

“Che va piano, va Sano.”

LADIES ; SLACKNESS ; THE WEEKLY MAIL ; MENS SANA IN CORPORE SANO ; GOSSIP AND SELFISHNESS ; HOBBIES ; DOGS AND PETS ; QUARTERS OF OFFICIALS ; MUD-HOUSES ; THE NATIVE ; BLACK CLERKS ; JU-JU ; BOOKS TO READ ; TRADING AND BARGAINING.

In the Tropics the sun is the arbiter of work and play. During the hours of his might the European, perhaps *faute de mieux*, works. Thus the early morning and short evening become the time of exercise, of games, and of sociality. Exceptions always exist, and some men, whose work is amenable, get through much of it in the early hours, in order to sleep in the noontide heat.

The soldier profession is of dawn-workers and noon-siesta-wallahs. The early morning, for the full-day toiler, is usually chosen for a walk, ride, or tennis, while the evening, from 4.30 till dusk, belongs to polo, cricket, tennis, or calling.

Ladies. There are a few ladies on the Coasts and in Southern Nigeria, but in Northern Nigeria (and in only two cantonments) there are but three, not counting the nurses of the hospitals.

So that social demands on time chiefly resolve them-

selves into masculine intercourse of "have a drink," teas, and dinners.

The military messes are very hospitable, as is the tradition of all communities, Government or civilian, and of individuals in the Colonies.

Slackness. On arrival in a place, not actual Bush, it is well to preserve the decencies of social amenity and call at once on each of the Government officials, on the doctors, on the regimental mess, and of course, on any ladies there may be.

It is a very good thing indeed not to be slack about these matters, trivial as they may seem. It is surprising how in a small community the tone of slackness may be warded off by one or two men persistently refusing to let such things slide. The writer knows a man who got a D.S.O. for shaving (and the W.A.F.F.¹ know him too) under adverse circumstances when other officers were not so keen about their personal appearance; and the writer knows a man who, by always dressing for dinner, however tired or feverish, was by his example in that and other small decencies the cause of a revolution for the better in a small and previously very slack station.

There is a happy medium between slackness and the opposite, and this happy medium is a wonderful factor in keeping up everyone's self-respect and in promoting a good tone.

When men are slack, and look slack, they quarrel easily. Their "boys" notice slackness and quickly follow their masters. Things very soon become impossible. It is good to make up your mind to shave every day, ill or not, and stick to it. The little effort bucks a man up more than a little.

¹ West African Frontier Force.

If you are in the Bush and run into a white man's camp (official, or surveyor, or what-not), and the European is unshaven, with pyjamas, or dirty flannels, tucked into mosquito-boots, you can confidently look for a dirtily kept outfit, dirty servants, and slack police. The shaven "boss," in comfortable old but clean kit, on the contrary, will welcome you to a camp like himself, old and worn in outfit perhaps, but all smart and workmanlike. You will get a cooler drink quicker at the latter camp than in the former, and without your host having to shout and rave for it.

This has become a sermon on the advisability of keeping up appearances, and no apology is offered for the preachment. Experience teaches, and any reader who knows will vouch for the truth of these brief sayings. To leave that topic, however, with an Artemus Wardian, "Nuff sed."

**The Weekly
Mail.**

The event of the week in a place where a postal service runs is generally the mail, and, oh, reader, arrange that you get a good fat budget! Write to aunts, old loves, anyone and everyone, to get answers. And, above all, have a good bandobust (arrangement) about periodicals being sent to you. The mail means more to exiles than the exiles themselves remember, when at home. (For a list of papers, &c., see Chapter VIII.)

**Mens sana in
corpore sano.**

It may be repeated that no one goes out to a bad climate for the fun of it. Therefore, that everyone looks on their having to go as an evil necessity. And, being a necessity, men of common sense wish to make the best of it. To make the time pass as easily and as quickly as possible is the object. Now, to do this is simple. *Firstly*, it is desirable to keep fit. (See Chapter III.) *Secondly*, do not worry about your work out of work hours.

Gossip and Cha-
coun poor sol. *Thirdly*, do not indulge in gossip, the sin of the Coast, and the cause of as much trouble as fever. The writer candidly acknowledges that men are too often old women for scandal and back-biting. An indictment of West Africa must here be made (with regret it is written), lest the reader should say he was not warned. It is a land of selfishness, and Northern Nigeria is the most selfish. Surely exiles and pioneers should be the least selfish. Again, "Nuff sed."

Fourthly. To engage in games and sport as much as possible, and to keep up some hobby.

Fifthly, but not least, no mammy-palaver! There is at least one doctor on the Coast, who, in so many words, advised contrary to the dictum here laid down, and he ought to be sent home.

These five recommendations, if followed, will carry an exile through his time in peace and with credit.

Photography. Photography is a first-class hobby, but a severe taskmaster, for every place in West Africa develops some particular difficulty against the development of a photograph. The temperature of the water is an abiding trouble. (For cameras and instructions, &c., see Chapter VIII. Note that local photos have a money value at home. See also Chapter VIII.)

Taxidermy. Natural History work is interesting, and has results which gratify people at home as much as does photography. To skin and cure skins satisfactorily requires more practice than teaching. (See Chapter VIII.)

Curios. Collecting curios. About this is a suggestion to note. Remember that many of the most common things about you are curiosities at home, and that two or three years after you have left the Coast for good, you will keep on regretting not having

brought back such and such a thing with you. These three hobbies as above-mentioned all have, as the result of their riding, the possession of souvenirs of the Coast, and may all be combined to make the owner interested at the time, and interesting to others thereafter.

Pets.

It is a very excellent thing to keep pets, and the more the better. Except parrots and monkeys, none of the Coast birds or beasts thrive well when brought home, though, if you have a paddock by your home dwelling, a few of the West African small deer can with care be kept alive, though they refuse to breed in captivity.

A good many specimens of the fauna, however, are worth money if landed alive at Liverpool. Jamrachs, or one of the great animal importers (Chapter VIII.) should be written to, to meet the boat, and if an arrangement is previously settled, you can hand over your beasts and birds at Plymouth or Liverpool and receive good hard cash on the spot; besides having had your voyage home relieved of dulness by the constant supervision and care your beasties will demand.

An officer the other day received £25 down for a pair of Crown birds on landing at Liverpool, while his expenses were covered easily by a couple of sovereigns. Such a hobby is obviously profitable.

Dogs.

English dogs thrive fairly well on the Coast. Terriers do best, and the smooth-haired best of them. Bull-dogs have often been taken out, and have done surprisingly well. No one should take a long-haired dog of any type to the Tropics.

Remember to tie up your dog at night, or he will certainly furnish a meal to a leopard or hyena. Do not give much meat, but rice and soup-meat (*i.e.*, the remains after your soup is made) form a good compound. One meal a day is enough.

Worms are a great trouble both in dogs and horses. Sulphur in the water or areca nut powdered in milk are the remedies for dogs. A native horse-doctor will get rid of worms in your ponies by drenches made of the bitter bark of some tree.

Never let your dog out in the sun. Tie him or her up at 9 a.m. till 4. It is cruel to be kind, for the sun kills a dog as quickly as it slays a human being. Make your "boys" understand that your dog is to be respected and treated like a European.

Most bungalows consist of three rooms. **Quarters of Officials.** The middle is the "chop" room and the two on either side serve for sleeping rooms for two men.

The exigencies of circumstances and the scarcity of house room, however, often necessitate three men and sometimes more doubling up in one house. Fortunately there is always a wide verandah, which at a pinch can be turned by the erection of a few grass mats into several rooms. (See Illustration Residency.)

The type of bungalow which has ventilation in the roof and windows or doors for air and light on every side is excellent. (See Chap. VIII., Portable Buildings.)

The new type arriving and being erected in Northern Nigeria requires improvement, already, no doubt, locally effected.

The rooms of these were designed with only one window and two doors facing each other, and there was no roof ventilation.

If the administration were not so awake to the importance of all possible measures being taken which tend to the betterment of the health conditions of its officials, it would be a gloomy outlook for the unfortunates condemned to live in this new type of a bungalow.

So dark and airless, they would have proved veritable

death-traps after once being inhabited by a malarial patient, and everyone is that more or less.

The houses of the trading companies are large bungalows of wood and iron. The store and business parts are on the ground, with the living rooms above. All the Government houses not having this under-storey are raised sufficiently on piles.

Mud-houses. A mud-house is usually a circular room, walled and paved with mud. The floor is rendered hard by the mixing of the mud with the juice of the bean of a flowering tree, a variety of acacia.

The best mud is the broken-down residue of white ant heaps. A conical roof surmounts the room and extends beyond the walls to form a verandah.

When a residence of any duration is to be made in native-built houses, each house is used for a separate room.

Some four or five are thus a white man's residence and office. A mud wall carefully thatched joins them, and a neat private compound is thus constructed.

In Northern Nigeria it is only in Lokoja and Jungeru that the officers have Europe-made houses. Elsewhere they live, and very comfortably, in mud-huts such as those described.

In these two stations furniture, and good furniture, is obtainable, to be drawn out by indent, and returned on leaving the place, from the store branch of the Public Works Department.

The native houses in the Bush are furnished by the individual's own camp furniture, which is the reason for the recommending that a few common carpets (which would be called in India "dhurries") be taken.

A couple of home rugs, and a dozen Xmas-Number chromos give a quite Belgravian air to the exile's home.

In Sierra Leone, free quarters are provided only for

the Colonial Secretary, the Frontier Police Officers, and the District Commissioner of Sherbro', and *are not furnished*. The Colonial Treasurer, the Assistant Colonial Treasurer, the Inspector of Civil Police, and all District Commissioners, except the one at Sherbro', receive a lodging allowance. All other officers in Sierra Leone have to provide themselves with lodging at their own expense. Unfurnished houses can be hired in Freetown by the month or year, and furniture can be purchased on the spot.

On the Gold Coast and in Lagos, all officers are granted free *furnished* quarters or an allowance in lieu of quarters. The quarters provided by the Government consist, as a general rule, of two rooms (bedroom and sitting-room) and kitchen accommodation. In some cases one room only is provided, part being screened off as a bedroom; and in others one sitting-room has to be shared by two officers.

The Native. The black man varies as does his white "brother." It is not fair of him to speak except in such generalities as one speaks of white races. The Scotch are canny, the Corsicans hot-blooded, and so forth, but one of the most careless, extravagant bloods the writer ever met hailed from north of the Tweed, while *the* most impassive, cold-hearted reptile was a Corsican.

Thus with the negro. He is in the lump lazy, feckless, sensual, and beyond all fancying, superstitious, but there are any number of exceptions to the first three adjectives.

Taking things by and large, it is safe to say that if you, the reader, are fond of children, horses, dogs and pets, get on well with them and they with you, then you will get on with the negro. Make allowances for him, and barring the *bouquet d'Afrique*, he becomes positively loveable. It is not within the scope

of this work to dilate severally and separately on the characteristics of the West Coast tribes. It is possible only to speak generally and advise in bulk. You may probably have to do with local dignitaries, kings and so forth. For any sake, behave with respect to these petty chiefs. Their show and tamasha (display) is childish and often reaches the ludicrous, but do not show by your face the bursting merriment within you.

Respect the negro and his customs as far as is possible and is demanded of you, and he will like you. The real negro is spoken of only. As to the "civilised" type, the black clerk and his kidney, the best that can be said of them is that good specimens have been known and are occasionally met. But even as you respect the traditions of the real negro, even so, and more emphatically so, never trust a "civilised" black beyond your eyesight. He may be a good man, then do not tempt him by over-confidence. He is probably bad and in that case will drag you with him into all kinds of a mess.

Black Clerks.

These Coast Clerks are nearly as clever as Brahmins, and can get up an intrigue or charge against a white man, if they desire his absence, sufficient to hound him, on apparently good evidence, out of any employment he may be in.

Beware and again, be cautious.

Keep all your own accounts, initial everything, and do not let even your "boy" know where safe keys are kept (if you can help it).

Ju-Ju.

Superstition is one of the negro points of view which a European never can properly appreciate, let him live never so long among them.

Ju-Ju, to use one word to cover this fascinating subject, is worth much study, and in order to take an intelligent interest in the life of the peoples dwelt among, must be gone into to some extent.

The following books may be recommended. The list was compiled at the British Museum Library, where a few hours may be most profitably spent.

Even a skimming through those selected by the reader will amply repay him for the time taken ; and, indeed, to assimilate the proper atmosphere a few of these must be studied.

Books to Read.

- (1) "West African Sketches," by A. B. Ellis.
- (2) "The Land of Fetish," by A. B. Ellis.
- (3) "Forestry of West Africa," by Moloney.
- (4) "Story of the Niger," by Richardson.
- (5) "Travels and West African Studies," by M. Kingsley.
- (6) "Travels in Ashanti," by R. Freeman.
- (7) "Fifty Years in West Africa," by Borrow, 1900.
- (8) "A White Man in Nigeria," by G. D. Hazzledine.
- (9) "Lectures on West Africa," at Royal Geographical Society.
- (10) "Kabul to Koomassie," by Sir G. Willcocks.
- (11) "Affairs of West Africa," by E. D. Morel.

Trading.

Now a government official of course may not trade in the country and does not wish to. But it is worthy of note to others that certain things obtainable on the coast by the individual are worth much more than their Coast price at home. If money is at all an object it is worth comment that even the exhibition of curios at home is cash in the

pocket of the owner of the curios. For instance a Bassa pipe, brought to England recently, was rented at 10s. a week for show in the windows of a tobacconist in the Strand, and afterwards in provincial towns. The pipe, therefore, represented a capital of £1,000, bringing in income at the rate of £25 per annum! Note, that egret feathers are worth 28s. an ounce; that good goat leather is worth 36s. and more the dozen. These are two commonly obtainable articles, though it is to be regretted that the purchase of egret feathers is not more severely taken in hand to check the wholesale slaughter of those birds.

In buying anything from a native it must be remembered that to show keenness is to put up, and keep up, the price.

Bargaining. Hagglng is a fine art with the black seller, and he enjoys it. The finer you can cut down his price, the more he thinks of your abilities.

Note, that no bullying at all must be indulged in. It may pay once, but, thereafter, nothing worth having or buying will come your way.

Local Press. Readers are advised to subscribe to the "West African Mail," and at least one other African journal of good standing, such as "The African World," among their choice of periodical literature. Writing articles or paragraphs of local interest may be noted as an interesting *passe temps*. "The Merchant and Shipper," with "African Commerce," also cater for the classes of the community which their titles designate.

CHAPTER V.

SERVANTS—AND OTHER PESTS.

AT FORÇADOS ; MEN OR BOYS ; WAGES ; COAST SERVANTS ; COOKS ; "VERB. SAPS." ; OTHER PESTS ; "MOSQUITO PLANT" ; SANDFLIES ; TSETSE FLY ; VERMIN ; WHITE ANTS ; TO CLEAN "HEADS" ; BAGGAGE AND CARRIERS.

It is quite fair to classify under one heading these two nuisances of the land.

The medicine men have already discovered how much of fever is due to *Anopheles*, it remains for a Neuropath to gauge how many degrees of rise in temperature in a fever-patient are owing to his "boys." Every one is a fever-patient.

After the splendid native servants of the East, it is indeed a revelation to see at Forçados the scallywags who, appearing with "chits," announce themselves as lately servant of so and so and candidate for the post of servant to yourself.

At Forçados. It is advisable to engage one here. It is no good to trust to appearances, or the new-comer will engage no one. But read the testimonials and chance it. If the creature reveals himself as hopeless, you can be rid of him at Lokoja, where perchance a substitute may be obtained.

Men or Boys. To begin with, all the body-servants are literally *boys*, of from twelve to sixteen, and add the vagaries of youth to inherited and acquired sin. The theory is, that men, if engaged as

servants, give too much trouble with eternal mammy-palaver in the compound or about the camp. The writer can but speak here from his own experience, and he is of opinion that a man body-servant is very much to be preferred—if he can be got. Of course, these youngsters are not paid as much as a man would expect, *i.e.* they get from 12s. a month to 25s., depending on their degree of competence and on the weakness of their master.

At Lokoja, where there is a floating population of some twelve officials on the civil side, the same number of officers at Camp, and about twenty other white men of the Niger Company and Government offices, the writer has seen and tested every kind of servant. The best are bad and the worst are beyond curses.

If you can get a cook at once, *i.e.* at Forçados, do so. The best cooks come from Accra. The Roman Catholic Fathers at Onitsha train good cooks (good in comparison) and if one can be got there it is advisable to engage him. Onitsha is up the river.

Wages. A scale of average wages would run as follows:—

1st boy	...	20s.	
2nd „	...	15s.	
Cook	...	20s. to 30s.	This is cheap.
Doki boy (sais),		20s.	

Servants on the Coast. If the reader is going to a Coast town he can obtain probably a good (speaking always comparatively) servant at once.

All wages paid per month in arrear. *Do not give advances.* The writer, in Northern Nigeria, paid his head “boy” who was a man of thirty-four £2—and his cook the same—a month, but this was because a residence of some months at head-quarters gave time to dismiss experiments and to find better domestics.

His head boy was a Sierra Leonian, who had been

a Sergt.-Major of the German troops at Garua, far up the Binue, and who, being condemned to death for a minor military offence fled to British territory. He was handed down to the Resident at Lokoja, by Residents of provinces en route (who have a knack of loading hard cases on that long suffering official for disposal) and, finding him willing to accept service, the writer engaged him thankfully. He has become subsequently a Conservancy headman! and has, to the writer's knowledge, nine wives in as many different places.

Fulanis make the best doki-boys.

Cooks.

To hark back to cooks, remember that you want a man who can cook bread.

Most cooks can turn out meat, soup, fish, and vegetables in a fairly edible state, but beyond that they cannot go. Patience of the most genuine order is needed to carry on at all. If you worry over domestic affairs you will soon die.

"Verb. Saps." A few further hints may be useful.

Examine often your cooking utensils and cooking place. Allow no native "chop" to be cooked in your pots. Throw it away when you find it therein, as you certainly will.

Do not flog your boys, if you can possibly avoid it, and preferably not the cook. He *might* poison you.

Lay down firm rules about their mammy-palaver, but be charitable to the native erotic temperament in doing so. Explain everything over and over again, and speak very slowly and clearly.

If a matter is important make the boy repeat it after you.

Rewards are sometimes more useful than fines.

As a general rule, treat your domestics with a sense of humour. A smile and a joke are very great influences

with the black man. A cheery brute is more liked as a master than a petulant but kind-hearted ass.

Always mean what you say.

Other Pests. Under this heading much might be classed, from obnoxious insects to the man-above-in-the-scale-of-seniority, who *will* live on and who blocks promotion ; but it here refers only to the former, to " bugs " and suchlike nuisances of nature.

Mosquitos and sand flies are the worst bother. Until sundown the mosquitos are not bad, and then mosquito-boots keep them from the ankle, the most vulnerable spot and favourite grazing ground.

" Mosquito Plant." It may not be known to the general public that the " mosquito plant " bubble has been pricked. Some critics and inquirers on the spot, *i.e.*, where mosquitos do dwell, have been unkind enough to the sanguine discoverer of the wonderful properties of the holy basil, to say that the mosquito bites *most* freely in verandahs where the plant is grown. Certainly scientific tests have conclusively proved that there are no qualities in the plant, or in any other plant yet known, which drives away, or is harmful to, the mosquito. (*See Chapter 3.*) *The mosquito gives fever.* There is no doubt about that. If you are badly bitten the quinine doses should be increased for a week.

The fever is supposed to take about ten days to develop after inoculation.

Do not sit in dark corners, the mosquito hates light. Have no clothes or drapery hanging about, the mosquitos live under these all day, and particularly like a helmet hanging on a wall, or the behind of books. Tuck the mosquito netting under the mattress and do not let it hang to the floor, for the mosquito sits under the bed all day and can get under a net hung to the floor. This latter is an important and often neglected " tip."

(See Chapter III.) It is worthy of note that the mosquito knows when a human being is under the net in bed, and has all night to try and get his meal. So that if there is a joint in the harness, *i.e.* a hole in the netting, it is probable the hateful *Anopheles* will find it by the morning.

Sandflies. Sandflies can get through ordinary netting and bite badly, but do not give fever. Some men have muslin curtains to keep out sandflies. It is a question whether the reader prefers an occasional sandfly and air to breathe, or to lie in stuffy heat without a bite.

Personally, the writer would not have a muslin curtain if sandflies were really bad, which they seldom are. Good mosquito netting absolutely keeps out mosquitos as the writer has tested in Upper Burma, in jungle camps elephant shooting, and sleeping on a Niger sand-bank five feet from the water's edge, with mosquitos in literal clouds. *Never, never*, be without netting.

A filter, mosquito netting, and quinine are three things as necessary as air to breathe.

Tsetse fly. The tsetse fly is bad in some parts not yet defined, but is not known as injurious to Europeans, though it would appear to be one of the causes of sleeping sickness. It is fatal to horses, and usually to cattle and mules.

Vermin. With reference to bugs, fleas, lice, &c.—Two tins of Keating's powder should be taken out, but they will not often be needed, as white men always use their own bedding and kit.

In the East, where a native charpoy (wooden bedstead) is so often used in dak-bungalows, &c., the terror that biteth by night is certainly to be dreaded. Anyone who has been a guest in a Parsi dwelling has a memory of bugs that will never fade.

White Ants. Ants, the white variety, are a great nuisance if you live in a mud house. These termites always like damp, and come up in a mud floor bath-room, or where water has been spilt. All boxes should be stood on stones, or, better, the halves of bottles.

Everything should be moved at least once a day if they are attacking a house. In a week they will eat everything in a box, replacing the contents with mud, but leaving the outside shell absolutely intact.

If the mounds are near your quarters have them knocked down, and dug up deep until the queen ant is found.

To Clean Heads of Game. *Note.*—The best way of cleaning a deer's head or any skull is to bury it in an ant's nest. So these pests have their use. But put some stones or cactus on top of your treasure, or hyenas and jackals will maul it.

In some parts white ants, fried, are eaten, and are said to be not at all bad.

Baggage. For railway travel, and on board ship, the question of size, weight, and shape of impedimenta does not concern the voyager, but, after landing, and if going into the bush, it becomes the most momentous problem. It is very hard to realise, accustomed as we all are to roads and to wheeled vehicles, what a land is like where there are no roads and no wheels of any kind. The coast towns, and in N. Nigeria, Lokoja and Jungeru, have roads in the station itself only, but outside is bush. The villages and towns are connected by bush-paths, only one man wide, and these wind about to make a crow-fly march of ten miles into fifteen. All transport is by head portage, the load of each carrier being from 56 lbs. to 60 lbs. An ordinary march would be twelve to fifteen miles, while

twenty-five can be done. Country baskets made of grass are waterproof, and, making convenient loads, hold a lot of kit. Your own boxes intended for traveling, must not be larger or heavier than a man's load. Tin uniform cases of the small type are useful, though a trifle heavy of themselves. Provisions must be packed in small portable chop-boxes. The wages of carriers are sixpence a day.

Carriers.

The number of carriers when you are in a tranquil region is not, except from the point of view of expense, a matter of importance, but it becomes somewhat difficult when in a troublous zone the length of your line of carriers has to be cut down to such dimensions as the escort can safely convoy. The sort of jumble that can develop, when going through a jungly bit of hostile country, and a shot is fired in front or rear has to be seen to be believed. Off the narrow path is impenetrable bush. Front, middle and rear, are escort, with the unarmed and alarmed carriers in the middle spaces. Through the muddle of deposited loads towards the source of alarum comes the white man, followed by police or soldiery, pushing through the squatting carriers. Black thumbs are stuffing home the cartridges in case things are serious, and most of the fighting men's faces wear a grin, a reflection of the smile on the white man's. The white man who knows that every soul is taking the cue from him, and that his smile is worth, to the *morale* of his little "push" another Maxim.

CHAPTER VI.

ON SPORT—SHOT AND SADDLE,

With Memorabilia by Sir Harry Johnson, G.C.M.G.,
K.C.B., D.Sc.,

BIG GAME ; CAMP OUTFIT ; LOCAL SHIKARIS ; THE BUSH ;
SHOOTING KIT ; LEOPARDS ; ELEPHANTS ; LICENCES ; RIVER
BEASTS ; BATTERY ; BIRDS ; TRAPS ; SADDLERY ; POLO ; PACK
SADDLES ; HORSES ; THE HOOLIGAN IN THE JUNGLE ; THE
NATURALIST - SPORTSMAN ; FIELD FOR RESEARCH ; THE
OKAPI ; ORNITHOLOGY ; "VERB. SAP."

Having disposed of a preliminary announcement that sport with gun and rifle is disappointing in West Africa for reasons specified, we can proceed to discuss such game as there is and the methods of obtaining it.

Big Game. Everyone who goes out expects big game shooting, and anyone who is really keen, and not easily put off by difficulties gets it—to some extent. The game is there allright, but Nature and the negro conspire to place obstacles in the sportsman's way.

As is well-known by any who have shot beasts before, much, nay everything, depends on native assistance in khubr (information) and shikarri (local sportsmen).

The white man who goes out to shoot has his time limited by the necessity of getting back to his station, or by shortness of leave. He is further handicapped by his camp and outfit, which must be sufficiently large to afford shelter, comfort, and food.

Camp Outfit. The sportsman who determines to go out without impedimenta to follow his game till obtained, sleeping out, &c., may get his objective, but he will positively get fever and much of it.

On a shooting trip in West Africa, as in Burma, you must "do yourself well." Thus, limited time and a stationary camp are two big obstacles.

Local Shikarris. But the negro is worse. He cannot understand the idea of your shooting an animal yourself if you can pay a man to do it for you. When your interpreters first explain that the white man wants such and such a beast, and has come for it, the locality accepts the fact and sits still. Then the interpreter announces how important it is that the white man shall be gratified, and that money, much money, may be obtained by gratifying him. Thereupon, perhaps two or three villagers may arouse themselves by the prospect of cash wherewith to purchase another wife, whose work will render life still more easy for them, and these worthies leave the village.

The chief tells the interpreter, who tells you, that everything is being done, that yes, there are herds of elephant, hartebeest, panther, everything close by, and that all the neighbourhood is locating them for the white man! After two or three days' wait, if you are patient and credulous, you are wakened at 4 a.m. by a tremendous row in your camp, and, on emerging from your mosquito net, find that a slain cow hartebeest, or doe water-buck, lies on the ground near you, with the proud two or three villagers demanding immediate recompense. They have slain the beast you want for you, so they understand, and nothing remains but the bakshish. Let us draw a veil over the ensuing scene. This point of view of the negro has to be dissipated, and so has also the local sportsman's method of showing you the game,

which is, so you have eventually explained, what you require. His idea is to proceed in front of you along a bush path until the game is close. He gives you no warning whatever, but, as you suddenly emerge on to an open glade in which are standing half a dozen noble water-buck or cob-deer, the intelligent fellow exposes himself to their full view, and with a gesture of both arms, stands between you and the quarry ejaculating proudly "Beef lib!" (The deer are there!) If you have self control you do not kill the man.

The above instances are typical of the frame of mind of the natives from among whom the sportsman has to obtain shikaris, and they will be instructive to the reader, who must, before his first shooting trip, make all clear and explain fully to his personal staff what he wants.

Further, he should try and get a shikari of his own who can speak the language of the tribes among whom he goes, and also can speak pigeon-English.

The Bush. Now, further, it must be remembered, that the Bush is astonishingly dense. The riverside jungle belts are well nigh impenetrable, and, even in open glades, progress and view is intercepted by creepers and high grass. It may be laid down that it is hopeless to go shooting except in the months of December to April, when the heat and bush fires have cleared the land somewhat. The hill tops are often level expanses of grass with occasional shrubs and small trees.

Now, by January these hill tops will be burnt level, and, in February and March, the grass shoots are just again showing green. This is the time when deer may be got fairly easily, though care in stalking and knowledge of how to read spoor and droppings is necessary. You soon learn the look of fresh spoor and the look and feel of stale or new traces.

Somewhat of the difficulties to be surmounted can be now appreciated.

Shooting Kit. It does occasionally happen that a man unaccustomed to the wilds and the jungle beasts is seen going forth on the chase garbed in a white shirt and a white sun topi. It is only inexperience and thoughtlessness. The same sportsman will later retrieve his early mistakes by a record bag of fine heads.

A green khaki is the best colour for shooting-clothes. It seems to tone in with the burnt grass, dank jungle and sandy waste alike. The point to remember is that your quarry is looking out for you as well as you for him. His life depends on his eyesight and he is at home. The wonder often is how the white man does learn woodcraft and jungle lore as well as he does. When a new hand can "spot" a green pigeon on a tree before it moves, hears the difference in tread of nervous watching and unsuspecting game, he is getting on well, but there is never an end to the learning of the ways of the wild folk.

Leopards. The West African leopard skin is more handsome than the Asiatic, the spots being so distinct and clear. He and she—they usually go in couples—are fond of haunting cantonments and around native towns, where they pick up a goat and now and then a baby.

In these neighbourhoods it is fairly easy to obtain a leopard by sitting up over a goat.

Even from a bungalow verandah, or a mud hut door, a good shot can be got, as the beasts are very bold. When wounded they have always a nasty temper, and it is distinctly inadvisable to follow up a wounded panther at night. The moral is of course to kill outright. With a good moon and a white goat, a cool eye, and a fairly heavy ball, there is not much difficulty in a straight kill.

Leopards are met fairly often in the Bush, but have a provoking habit of appearing when the white man has only a scatter-gun, and usually unloaded at that, in his hand.

Elephants. Do not *expect* to get an elephant. You have to pay for a licence to shoot one, and it is only waste of money to buy this permit. If you do see an elephant and do shoot one, well, it was in self-defence, and there is time to take out a licence thereafter.

Licences. By the way, a licence to bear arms is a necessity. The rules about this vary in each colony, but are not unduly pressed; there is, further, a licence to shoot game. Even up in Northern Nigeria there are game laws. A two-guinea licence covers most animals "except a little Liberian hippopotamus." This restriction, it is to be feared, sets a premium on the life of the poor L. L. H. should any sportsman knowingly meet him.

River Beasts. Hippos. are easy to get in the creeks and rivers. Alligators abound. Note that the very little ones are well worth skinning.

Preserve the whole head and teeth. They make most charming tray-holders set up sitting. (See Chapter VIII.). By little is meant about 30 inches. Hartebeest, water-buck, cob-deer, oribi, and other small deer, are fairly common and not hard to get. The rhinoceros and the lion are fairly common in the far provinces of Northern Nigeria, but nowhere near the Coast.

Battery. Now as to battery. A .303 magazine rifle, and a scatter-gun, one barrel for ball, can be recommended as ample. For the .303 take out 500 soft-nosed cartridges. For the scatter-gun 150 ball cartridges, and 600 shot, of which 300 should be No. 2, 200 No. 3, and 100 smaller, say No. 6.

You want the twos and threes for guinea fowl, which

abound, geese, duck, and such like. They should be packed in twenty-fives in small tin boxes, all in a carefully screwed-down wooden box. Declare them on the steamer at Liverpool.

Birds.

Plenty of bird shooting is to be got by the keen sportsman, who need not despise a "sitting hen" when shooting for the pot. Hares shot near cantonments should not be eaten, for hares are "dirty feeders."

By the way, the gun should, of course, be a 12-bore, though the writer knows of a 15-bore being taken out for which the owner had only 12-bore cartridges, and, of course, could get no other size. He was the sort of man who leaves his battery to be cleaned and kept clean by his "boy." For the weight of ball and powder consult your gunsmith who knows his weapon. (See Chapter VIII.).

If desired, a heavy rifle can, of course, be taken, but they are expensive, and, honestly, the writer believes the money spent in buying one is wasted.

Even an elephant dies very quickly with a .303 bullet in the proper place, and, by the way, the proper place, the brain, can never be got at if you are up a tree, or, as the writer discovered in Upper Burma, on a pad elephant. You must be on the ground in order to get full value for your elephant licence, and for your life insurance premium.

Traps.

If you take two spring traps, one large and one small, a number of small fur animals may be caught, such as bush cats, otters, &c.

Saddlery.

Saddlery as recommended in the Outfit list should be taken.

Polo.

When polo is to be had in West Africa, the veriest tyro can begin without diffi-

dence. It is the country to begin polo for the shy man, and everyone should back up a polo club secretary. Besides polo and cantering about an occasional decent bush path there is no riding.

Pack Saddles. "Saddlery is only wanted at Lagos and Bathurst," *vide* Colonial Office Notes of '97. Everywhere in N. Nigeria it is required, and in the far provinces small donkey pack-saddles are useful. It is occasionally advised that men going to N. Nigeria should only take second-hand, or the very cheapest brown paper, saddlery. This advice is sometimes extended to other articles. The advice is mistaken and based on the idea that articles are to be subjected to the roughest wear, and the destructive properties of damp heat.

This is the very reason to take good material in good condition. The inferior worn-out things go to pieces at once. Again, it is not good for the native servants or native official subordinates to note the shoddiness of their white superior's outfit; and they do note it very quickly, and being children it affects their attitude. But that is a small consideration, perhaps, besides the fact that good articles *can be sold* at good prices when the owner goes home.

Horses. The horses of the country show trace of Arab origin. They are so small sometimes as 12'2 in the River provinces, while up country, Bornu-way, they are said to run to 15 hands. They are always entires, for the native believes that a gelt horse dies. Horse sickness of obscure type carries off the most healthy beast in a very short time. The tsetse fly is responsible for the death of horses in some not yet defined belts, but these can be avoided, as they are known to the natives. Your horse boy will recommend a change of locale for your horse when he gets ill, and whether it is the water, as the natives say that is

good for the animals in one place and bad in another, or whether it is that your sais wanted for private reasons a change, it is a fact that the recommended move does the horse much good.

If by chance one is advised not to tether a horse or graze him in a place said to be Ju-ju, follow the advice.

It will be to the advantage of the local priests to prove the effectiveness of their Ju-ju on the animal if you brave the local devils or devil, and the horse will assuredly die.

Vet's. The Hausa horse doctors are many, and, like all professions, theirs contain as many humbugs as genuine horse-copers.

If you call in the aid of a native Vet. take care to find out what he uses, and if the treatment is effective you can thereafter make use of it when like symptoms develop. Their drugs are usually drenches of the bark of astringent trees, &c. There will also be a lot of the inevitable Ju-ju, the hanging on of leather, leopard skin charms and so forth, but at the bottom there will be some natural vegetable or mineral remedy. Potash is always obtainable and should be given in the animal's drinking water pretty frequently.

SHOOTING AND NATURAL HISTORY BY SIR H. H. JOHNSON, G.C.M.G., K.C.B.

I have been asked by the author of this book to contribute a few notes on big game, and sport with the rifle and gun in South Africa. I am not sure that the views which I express will be altogether palatable to the readers of this useful little book, but such as they are I hold them very strongly, the more strongly as each year passes with a sad diminution of the existing African fauna at the hands of British sportsmen. It has been



A RESIDENCY.

A stallion and mare. The doki-boy at the mare's head is a Fulani. The "boy" at the steps with the Irish terrier puppy is a Sierra Leonian. The "carrier" in the back is a Yoruba. Note the Cook-House in rear.

**The Hoollgan
in the Jungle.**

my lot to see district after district in South-West, South-Central, Eastern, and Equatorial Africa ravaged by the British sportsman and such of his Continental friends who, as a part of their Anglo-mania, consider that their lives and their education are not complete until they have been able to boast of slaying elephants, rhinoceroses, antelopes, buffalo, giraffes, and other interesting creatures by the hundred, the fifty or the ten. Nowadays, these boasts are generally made in a low key, and in England, or at any rate at a safe distance from the Protectorate or Colony where the trophies have been secured, since they are in flat contradiction with the various game regulations which are intended to limit this often useless and purposeless slaughter. Unfortunately, the aforesaid game regulations, though they may limit the efforts towards the extermination of the larger mammalian fauna of Africa by individual sportsmen, do not in any way limit the number of sportsmen who may kill game by licence. No doubt a good deal of destruction takes place at the hands of natives—Negroes, Arabs, Somalis, etc., but it is very exceptional to find a native of Africa possessing the latest type of rifle and ammunition, and the damage done by a Negro with a muzzle-loading gun, the bow and arrow, spear or pitfall is very slight compared to what one well-equipped European sportsman who is a good shot can do in that direction.

But whilst I wholly condemn the present state of affairs, in which the destruction of wild game is held up as a bait to induce lazy and ignorant young men to go to Africa, I uphold on the other hand the remarkable attractions of African Natural History. If

**The Naturalist-
Sportsman in
West Africa.**

a man will be a naturalist—a working naturalist—I will, grudgingly, perhaps, permit him to shoot a limited number of beasts

and birds for despatch to some Imperial or Provincial museum. He may also be permitted to kill lions, leopards, and hyaenas on account of the damage that they may do to the natives or to their flocks and herds.

Happily, Mr. Edward North Buxton has shown us the way to true sport, which is rather the snapshotting of the camera (with or without tele-photographic lens) than the useless and senseless killing with the rifle. It is becoming far more precious to us, in amassing knowledge, to record the life habits (often so little known) of beasts, birds, and reptiles, than to cram our museums or our private houses with trophies. For the naturalist-photographer I can promise abundant and fascinating material in almost any part of West Africa.

It should be brought home to him that within the limits of West Africa are the greatest wonders and marvels of African zoology, creatures which have lingered from the Miocene Period. There is the *Dorca-therium* or water chevrotain. This is a little animal not much larger than a big hare, with slender, dainty legs, carrying four complete, hooped toes, something like, in appearance the feet of swine. It is hornless: but the male has long upper canine tusks which project an inch or more from the gum. The body is marked with white horizontal spots and stripes and splotches on a dark brownish-grey ground. This creature is celebrated all over West Africa for its cunning. As yet we know very

**A Wide Field
for Research.**

little about its life habits, how many young are produced usually at each birth, whether it has any voice, and if so, what sounds it makes, and so forth. It is said to frequent the water, and sometimes to sleep with the greater part of its body immersed. Then there are two kinds of tailless lemur or potto. The gorilla—perhaps the most man-like of living apes—is not known to extend its range in West

Africa north of the Cameroons region; but the chimpanzee, of one or two species, is found scattered over the forest region, from near the Gambia on the extreme west to the Benue and the Congo basin on the east. It would be interesting to learn what forms of chimpanzee are found in the forest parts of West Africa. Another creature which is suspected to exist there, and which is of the greatest interest, is the newly-discovered giant black pig of the Congo forest. This has recently been reported to exist in West Africa. Between Sierra Leone and the Gold Coast, the pigmy hippopotamus is found. This differs from the ordinary hippopotamus (which is also found in West Africa) by its much smaller size, by the fact that it walks chiefly on the two middle toes, and by its only possessing one pair of incisor teeth in both jaws, instead of four, as with the ordinary hippo. Little or nothing is known of the life habits of the pigmy hippopotamus. Then, again, the West African elephant between the Cameroons and the Gambia is said to differ almost specifically from the elephant of Eastern, Central and Southern Africa, by the ear being much smaller and more rounded in outline, and by the shape of the body and relative height of the back. Whether these points are only the variations noticed in two or three individuals, or whether they are characteristic of the West African elephant altogether has not yet been determined; because, firstly, it is very rare that any European succeeds in killing an elephant in East Africa (owing to the density of the forest), and secondly, when they do they are generally too ignorant or unobservant to notice such details to which allusion has been made. They only think of cutting off the tail as a trophy and securing the tusks.

The Okapi.

The okapi, which the present writer discovered in the north-eastern part of the

Congo basin, has been reported to exist in the forests south of the River Benue, but no proof of this has yet been furnished, though it is by no means improbable. The true giraffe is found in most parts of Nigeria, and at the back of the Gold Coast, Sierra Leone, and the Gambia. The only giraffes from West Africa which have been examined by scientific men are specimens from south of the lower Benue river, not far from Lokoja, on the Niger, and these were found to be a distinct sub-species, surnamed *peralta*, because they were thought to be taller than any other known form of giraffe.

Not much is known about West African antelopes, their area of distribution, or their life habits. The West African antelopes include certain rare and strange forms of Duyker (*Cephalophus*). As a rule the Duyker antelopes are remarkable for their small size, but at least two West African forms are nearly as big as a small cow. Another West African Duyker is remarkable for being striped like a zebra—black on yellow-brown.

The smallest antelope in the world—the Royal antelope—is a native of West Africa. It is not much larger than a toy terrier dog.

Very little is known about the life habits, eggs, or young nestlings of West African birds. I
Ornithology. would especially direct the attention of travellers in those regions to that most interesting and beautiful group of birds peculiar to Africa—the turacos. The largest of the turacos is the magnificent blue Plantaineater, which is found in the forest regions of West and West Central Africa. We none of us know much about the nesting habits or young of this bird, and we should be much interested to know whether the young emerge from the egg naked or covered with down, and if and when they become covered with down,

what is the colour of the down, and whether these young turacos are able to move about freely along the branches near their nest whilst they are still young, using the wings as front legs (so to speak).

Many of the West African lizards, snakes, and crocodiles are peculiar, and are worthy of special attention. There are most remarkable frogs, which grow what appears to be a long coat of thick streaming hair, though the so-called hair is really an excessive exaggeration of the *papillae* of the skin. The seemingly silent and lifeless bush in reality teems with life, and each living creature is sure to be of the greatest possible interest—in its life habits above all—to the scientific world. Those

“Verb. Sap.” who will compile histories of the life habits of these creatures will find the work quite as fascinating and quite as lucrative as that of the stupid slaying of big game for the sake of a trophy which often ends its existence between the attacks of moth and rats in an attic.

CHAPTER VII.

THE LANGUAGES OF THE NIGERIAS AND THE COAST COLONIES.

A Valuable Monograph.

HAUSA; HAUSA FOR OFFICIALS AND OTHERS; YORUBA; NUPE; IBO; THE BRASS COUNTRY; HOW TO LEARN THE NATIVE TONGUES; A LIST OF AUTHORITIES AND TEXT-BOOKS ON HAUSA, YORUBA, NUPE, AND IBO; OTHER MINOR TONGUES.

Hausa. Hausa is the most important of the languages of West Africa. It is spoken by more than twelve million people. "The language" (which is the meaning of the word Hausa) possesses a considerable vocabulary. It has been reduced to writing in the Arabic characters, though the Arabic alphabet does not lend itself to Hausa sounds.

It is the only African language with a purely native literature, which consists chiefly of religious popular songs.

Prose writings are occasionally met with, but are the product of recent years, and are not generally known.

A reason for the small amount of native literature is, that Arabic has been the language used by the Fulahs, the rulers of Hausaland, in all religious and official documents.

Hausa for Officials. Hausa should be mastered by the Government official, and by all whose duty calls them to reside in these parts. It is an encouraging sign for those who are interested in the

welfare of the Negro to find the administration anxious that all its officers should study the Native languages.

Especially is this the case in Northern Nigeria, where a knowledge of Hausa seems almost an essential qualification for promotion.

The purest Hausa is spoken at Katsena, but the Kano dialect is also considered good.

The Hausa spoken in Lokoja, and up the River Niger, in the Nupe province, should not be learnt by the new-comer.

On the whole Hausa is an easy language to learn. There are but few sounds difficult for an European to pronounce.

The language is harder for a beginner to understand than to speak, mostly on account of the many proverbs used by the natives, and the peculiar way in which they divide and cut their words.

Yoruba. The Yoruba language ranks second in importance. It is spoken by a little over three million of people who reside south of the River Niger and the Borgu province, their western boundary being Dahomey, the eastern the Niger Delta, and Iboland, west of the Niger.

The purest Yoruba is spoken at Oyo. The principal dialects are Egba, Ijebu, Ijesha, and Egbado. The differences are mostly unimportant. Colloquialisms abound, and are a trial to the beginner.

A great difficulty in Yoruba and in all other West Coast languages is the intonation which it is *absolutely necessary* for the European student to acquire.

These languages have not a great wealth of words. The same combination of letters, the vowels being pronounced differently, make up words of very different meanings.

Thus ludicrous mistakes are made by the beginner.

One example will suffice: the Yoruba words spelt with the letters eru :—

èru—fear.

erú—handle of an axe, or a slave.

erù—a load, also a spice.

êru—ashes.

erú—deceit.

The above signs have roughly the values of the ordinary acute, grave, and circumflex accents.

Nupe. Nupe is spoken by some two million of people, residing mostly in the province thus named. It is one of the most difficult of Native languages, being full of colloquialisms, and there are many proverbs. Certain learned Nupes have of late years endeavoured to imitate the Hausas, and have written their language in Arabic characters. They have met with very poor success, as it is almost impossible to write the sounds as pronounced, by means of the Arabic alphabet.

The purest Nupe is spoken at Bida. The principal dialects are Basa and Kakanda. The remarks on intonations, under the paragraph in Yoruba, might be repeated here. The language of Borgu is probably akin to Nupe.

Ibo. Ibo is the language of the peoples numbering some two millions, inhabiting the Coast, and the country some two hundred miles up the Eastern bank of the Niger.

There are several dialects of this language, of which the Isuama-Ibo is reckoned the purest. It is certain that the dialects of Ibo best known to the European, those of Onitsha, Abusi, and Asaba, are not the purest forms.

The vocabulary of this language is not a large one, and its importance outside of Iboland is nil. It is, how-

ever, necessary for the European whose work calls him to this district to learn the native language. Hausa would be almost useless to him here, except in towns along the river bank.

The Brass Country. Around Brass, in the Niger Delta, is a local language called Idzo, spoken by about a quarter million of people.

How to Learn the Native Tongues. The study of a language possesses difficulties to many men. They have, from infancy, been taught that the way to success is by purchasing Grammars, Notes, Dictionaries, &c., and then reading them carefully through.

Let all such ideas be forgotten, and let the student go, with pencil and note-book alone in hand, amongst the natives. Engage an intelligent man as teacher, then learn as many words, salutations, phrases, sentences, &c., from those with whom you come into contact, and get your teacher to correct your mistakes.

This last point, if you had to deal with Englishmen, would be easy, among us critics abound, but it is the hardest thing possible to get a native to correct you.

Take special pains in learning phrases and short sentences, and carefully note the positions of the words. Whenever you hear a proverb, write it down, and endeavour to get at its meaning.

Having obtained, in this way at first, words, then phrases, and sentences, go to your books to verify all such.

Do not erase from your note-book any variation from words occurring in the dictionary or the grammar you consult, but mark them with a query, and investigate further.

Never be satisfied when you have found out two variations of a sentence to which a native says, "They are all the same." Try and discover the different shades of meaning by turning such sentences round in a variety

of ways. Sooner or later your patient toil will be amply rewarded.

LIST OF AUTHORITIES AND TEXT-BOOKS.

A short list of some of the best books, to which the student of West African languages should refer, is here given. They should be studied in the order named.

LANGUAGE.—HAUSA.

1. "Hausa Notes," by W. R. Miller, price 3s. 6d.
2. "Batu na abubuan Hausa," by Brooks & Nott, price 3s. 6d.
3. "Dictionary of Hausa Language," by Robinson & Brooks, price, Vol. I., 12s. 6d.; Vol. II., 9s.
4. "Specimens of Hausa Literature," by Robinson, price 10s. 6d.

This work (4) is most useful to the student of Hausa literature. It gives facsimile plates of Hausa native writings, with the text also in Roman characters. "Verb. Sap."

LANGUAGE.—NUPE.

1. "Primer of the Nupe Language," by S. Crowther, price 1s. 6d.
2. "Grammar and Vocabulary of the Nupe Language," by S. Crowther, price 6s.

These must be used with care. The student should have these books interleaved and make his own careful notes, and in no case should sentences and proverbs be learnt therefrom without proving their accuracy. These books were published in 1860 and 1864, when it was more difficult to obtain accurate knowledge.

LANGUAGE.—YORUBA.

1. "Yoruba Grammar." Notes on the Construction of the Yoruba Language, by Woods, price 1s. 6d.

LANGUAGES

2. "Lessons on Yoruba," by Soronubu.
3. "Notes on Yoruba," by Kuye.
4. "English-Yoruba and Yoruba-English Dictionary," by Crowther, price 6s.

Of the above, No. 3 consists of a series of lessons as given by Mr. Soronubu to European missionaries. The method adopted being that advised in this article, short sentences and salutations used in everyday life, to which are added grammatical and constructional notes.

The dictionary by Crowther is incomplete, and it would be well for the student to take this out interleaved.

LANGUAGE.—IBO.

1. "Grammar of the Ibo Language," by Spencer, price 1s. 6d.
2. "Vocabulary of the Ibo Language," by Crowther, price 5s.
3. "Ibo and English Vocabulary," by S. P. C. K., price 2s.

The languages mentioned are those which the majority of Europeans will, at the present stage of the country's development, come in contact with, and which should therefore be mastered.

LANGUAGE.—MINOR TONGUES.

But the minor tongues of Igara, Igbira, spoken on the Niger banks, Afu, and several other pagan languages and dialects of Northern Nigeria, will receive attention in the future, when, with the complete opening up of West Africa, they, together with the Fulah language, will require the notice of the ethnologist and historian.

N.B.—Officials and all others desirous of obtaining lessons, or a course of tuition in Hausa, or other West African language, are strongly recommended to write to L. H. Nott, Esq., 9, Earlisthorpe Road, Sydenham, S.E.

CHAPTER VIII.

WHERE TO PROCURE OUTFIT, STORES, &c., &c.

(This chapter is included, on recommendation, to give such information.)

NOTE.—The firms here occupying space are, it must be noted, firms which have experience in supplying goods and articles for West Africa and the Tropics.

Their managers are therefore in a position to advise as experts, and are fully qualified to comment on such particular articles of outfit and export as they are here specified as supplying. The list has been very carefully compiled. (Alphabetically arranged according to index letter of articles.)

(1)

Articles : Agents (Colonial and General), Merchants, &c.

Firm : Messrs. Way and Co., Ltd.

Address : Billiter Buildings, 22, Billiter Street, London, E.C.

Expert : Advice and information given gratis.

Remarks : Complete equipments purchased.

(2)

Articles : Aluminium Ware.

Firm : Aluminium Trading Co., Ltd.

Address : 102, Queen Victoria Street.

Expert : Manager.

Remarks : See Chap. I., Parts I. and II.

(3)

Articles : Animals and Birds bought on the landing stage.

Firm : Cross.

Address : Liverpool.

Remarks : Write from West Africa, stating steamer and species of animal arriving.

(4)

Articles : Cameras and Photographic Stores of all kinds.

Firm : Messrs. R. and J. Beck.

Address : 68, Cornhill, London, E.C.

Expert : Manager.

Remarks : Advice and instruction gratis.

(5)

Articles : Camp Furniture and Complete Equipments.

Firm : Messrs. Humphreys and Crook.

Address : 2 and 3, Suffolk Street, Pall Mall, London, S.W.

Expert : Mr. Frank C. B. Cole.

Remarks : See Advertisement page x.

(6)

Articles : Camp Furniture and General Outfit.

Firm : Joseph Tucker.

Address : 79, Newington Green Road, London, N.

Expert : Manager.

Remarks : Complete equipments supplied (see Advertisement page ix.).

(7)

Articles : Clothing and Bedding (pure Wool).

Firm : Dr. Jaeger's Sanitary Woollen System Co., Ltd.

Address : 126, Regent Street, London, W.

Expert : The Manager (Mr. A. Scott).

Remarks : Tropical Outfits a specialty. Every article of attire for men, women and children, in Pure Wool.

(8)

Articles : Cutlery, Razors, Knives, Tools, etc.

Firm : Messrs. Mappin and Webb.

Address : 220, Regent Street, London, W.

Expert : Manager.

Remarks : See Chap. I. and II.

(9)

Articles : Drugs and all Medical Stores.

Firm : Parke, Davis and Co.

Address : 111, Queen Victoria Street, London, E.C.

Expert : Manager.

Remarks : See Chapter on Health, Medicine Chests, etc.

WHERE TO PROCURE OUTFIT, STORES, ETC.

(10)

Articles : Filters.

Firm : Berkefeld Filter Co., Ltd.

Address : 121, Oxford Street, London, W.

Expert : Manager.

Remarks : The Filters as recommended for individuals and expeditions.

(11)

Articles : Fishing Rods and Tackle for West Africa.

Firm : Messrs. Holbrow and Co.

Address : 40, Duke Street, St. James's, London, W.

Expert : Manager.

Remarks : Advice and information gratis.

(12)

Articles : Footgear.

Firm : Messrs. Geo. Norris.

Address : 55, Bishopsgate Street, London, E.C.

Expert : Manager.

Remarks : See Chap. I., Parts I. and II.

(13)

Articles : Footgear.

Firm : Messrs. Hall and Sons, Ltd.

Address : 47, Bishopsgate Street Within, London, E.C.

Expert : Manager.

Remarks : See Chap. I., Parts I. and II.

(14)

Articles : Games, Polo and Tennis Requisites, etc.

Firm : Messrs. Gamage and Co.

Address : 128, Holborn, London, W.C.

Expert : Manager.

Remarks : Outfits for individuals or West Coast Clubs.

(15)

Articles : Gramophones and Records.

Firm : The Columbia Phonograph Co.

Address : 200, Oxford Street, London, W.

Expert : Manager.

Remarks : Advice and information gratis.

WHERE TO PROCURE OUTFIT, STORES, ETC.

(16)

Articles : Guns, Rifles, Revolvers and Ammunition.

Firm : Charles Hellis and Sons.

Address : 119, Edgware Road, London, W.

Expert : Manager.

Remarks : Advice and information gratis. Personal attention only. Private grounds for fitting and practice.

(17)

Articles : Headgear.

Firm : Messrs. Heath and Co.

Address : 6a, Piccadilly, London, W.

Expert : Manager.

Remarks : Helmets, Hats, Caps and all tropical headgear.

(18)

Articles : Information and Introductions — Business— Professional—Financial.

Firm : "Verb. Sap." Information Bureau.

Address : 83, Great Titchfield Street, London, W.

Expert : Manager.

Remarks : Communications in first instance by letter. Interviews and appointments arranged.

(19)

Articles : Insurance of Life and Property.

Firm : Messrs. Stone and Cox, Experts and Brokers.

Address : 5, Abchurch Lane, Cannon Street, E.C.

Expert : Mr. Stone.

Remarks : All information and assistance to enquirers

(20)

Articles : Lamps and Lighting.

Firm : Messrs. F. Osler and Co.

Address : 100, Oxford Street, London, W.

Expert : Manager.

Remarks : See Chap. I., Parts I. and II., etc.

(21)

Articles : Machinery of all kinds.

Firm : "Verb. Sap." Information Bureau.

Address : 83, Great Titchfield Street, London, W.

Expert : Manager.

Remarks : All kinds of Cotton, Railway and Electric Plant ; Nut-cracking Machines. Ice Machines, etc.

(22)

Articles : Macintoshes, Ground Sheets, etc.

Firm : Burberrys, Ltd.

Address : 31, Haymarket, London, W.

Expert : Manager.

Remarks : See Chap. I., Parts I. and II.

(23)

Articles : Maps.

Firm : Messrs. Stanford and Co.

Address : 12 and 13, Long Acre, London, W.C.

Expert : Manager.

Remarks : Maps of all parts of West Africa.

(24)

Articles : Mapping Instruments.

Firm : Messrs. Carey and Porter, Ltd.

Address : 7, Pall Mall, London, W.

Remarks : See Chap. X.

(25)

Articles : Military and Civil Uniforms.

Firm : John Jones and Co.

Address : 6, Regent Street, Waterloo Place, London, S.W.

Remarks : Manufacturers of the original and authorised patterns
of Uniforms and head-dress. See page 6,
facing Chap. I.

(26)

Articles : Mufti and Civil Clothing.

Firm : John J. M. Bult.

Address : 140, Fenchurch Street, London, E.C.

Expert : Mr. Bult.

Remarks : Dress and Jacket Suits.

(27)

Articles : Papers, Magazines and all Periodicals.

Firm : Messrs. T. G. Scott and Son.

Address : 63, Ludgate Hill, London, E.C.

Expert : Manager. See Advertisement page xiv.

Remarks : All journals sent regularly and punctually to subscribers in West Africa and elsewhere.

WHERE TO PROCURE OUTFIT, STORES, ETC.

(28)

Articles : Portable Buildings.

Firm : The Wire Wove Roofing Co., Ltd.

Address : 108, Queen Victoria Street, London, E.C.

Remarks : See Chap. III. and paragraphs on Quarters. All buildings suitable for West Africa. Estimates free.

(29)

Articles : Provisions and Stores.

Firm : Messrs. Lazenby and Son.

Address : 90, Wigmore Street, London, W.

Expert : Manager.

Remarks : All Stores tinned and carefully packed.

(30)

Articles : Pianos, yacht and portable.

Firm : Messrs. John Brinsmead and Sons, Ltd.

Address : 18-20, Wigmore Street, London, W.

Expert : Manager.

Remarks : See Chap. I. (Miscellaneous.)

(31)

Articles : Saddlery.

Firm : J. J. Sowter and Co.

Address : 18, Haymarket, London, S.W.

Expert : Manager.

Remarks : All hunting, polo and other saddlery.

(32)

Articles : Saddle Soap.

Firm : Brecknell, Turner and Sons, Ltd.

Address : 31, Haymarket, London, S.W.

Expert : Manager.

Remarks : See Chaps. I. and VI. Soap and nut oil must be used for preservation of saddlery.

(33)

Articles : Stationery, Fountain Pens, etc.

Firm : Hugh Rees, Ltd.

Address : 124, Pall Mall, S.W.

Expert : Manager.

Remarks : See Chap. I., Parts I. and II.

(34)

Articles : Taxidermists.

Firm : Messrs. Lawn and Alder.

Address : 1 and 2, Golden Lane, Brackley Street, London, E.C.

Expert : Mr. Lawn.

Remarks : Taxidermical knives and all preparations. Heads.
skins and all trophies prepared.

(35)

Articles : Tents and Camp Furniture.

Firm : Messrs. John Edgington and Co.

Address : 19, Long Lane, West Smithfield, London, E.C.

Expert : Manager.

Remarks : See Chap. I., Parts I. and II. Index on Tents.

(36)

Articles : Tents.

Firm : Piggott Bros. and Co., Ltd.

Address : 57 and 59, Bishopsgate Street, London, E.C.

Expert : Manager.

Remarks : All kinds of Tents, from small sleeping tent to a
marquee.

(37)

Articles : Tailors and Outfitters.

Firm : Messrs. Hicks and Sons.

Address : 21, Leadenhall Street, London, E.C.

Expert : Manager.

Remarks : See Chap. I., Parts I. and II.

(38)

Articles : Underclothing, Shirts, Waterproofs and Pyjamas.

Firm : Frederick C. Bayley.

Address : 34, Strand, W.C., and 19, Green Street, Leicester
Square, London, W.

Expert : Manager.

Remarks : Goods quoted in "Verb. Sap." are stocked and can
be supplied at once.

(39)

Articles : Watches and Clocks.

Firm : Waltham Watch Co.

Address : 105, Regent Street, London, W.

Expert : Manager.

Remarks : See Chaps. I and X.

(40)

Article : Whisky (Imperial Service).

Firm : Maclaren Dempster and Co.

Address : 48, Dover Street, Piccadilly.

Remarks : Obtainable at all Niger Company's Canteens.

(41)

Articles : Wicker Basket Goods.

Firm : Messrs. Drew and Sons.

Address : 35, Piccadilly, London, W.

Expert : Manager.

Remarks : See Chap. I.

(42)

Articles : Wines and Spirits.

Firm : Messrs. Hatch, Mansfield and Co.

Address : 15, Cockspur Street, London, S.W.

Expert : Manager.

Remarks : In and out of Bond.

(43)

Articles : Zoological. Live Reptiles, Birds and Beasts bought.

Firm : Cross.

Address : Liverpool.

Remarks : Write from West Africa, stating steamer and species
of animal arriving.

CHAPTER IX.

HISTORICAL AND STATISTICAL INFORMATION.

Compiled by J. Whitaker, Esq., F.S.A.

(Excerpt by special permission).

GAMBIA ; THE GOLD COAST COLONY ; SIERRA LEONE ; THE SIERRA LEONE PROTECTORATE ; LAGOS ; NORTHERN NIGERIA.

BRITISH WEST AFRICA.

The partition of West Africa among the various European Powers is now complete, and the British Dominions therein consist of the Colonies of the Gambia, Sierra Leone, the Gold Coast, and Lagos, which are all situated upon the coast of North-Western Africa, between the mouths of the river Senegal and Niger, and of certain Protectorates known as Northern and Southern Nigeria, and by the names of the Colonies to which they are administratively attached. These Dominions were not originally colonies in the strict sense of the word, but merely trading settlements in which the products of the neighbouring countries were collected and exchanged for European goods with as little outlay as possible ; but of late years a great part of the revenue has been expended on the advancement of the scholastic and technical education of the native, and on the encouragement of the cultivation of natural produce instead of its spoliation. The climate is such that Europeans cannot live there permanently, and even the negro inhabitants suffer greatly from malarial fever. The West Coast of Africa has, how-

ever, been eagerly frequented by European traders since it was first explored by the Portuguese in the latter part of the 15th century, just before the discovery of America by Columbus. In the 17th century all the chief maritime nations of Europe, except the Spaniards, had forts or factories established on the coast, from which they used to supply slaves to their plantations in the West Indies and on the mainland of America. The importance of the coast was much diminished when these same nations agreed, at the commencement of the 19th century, to join in putting down the slave trade, and the Dutch and the Danes relinquished their possessions ; but a healthier interest in the West Coast has since been engendered, mainly by the British and French, in the development of a legitimate trade in tropical products, of which palm oil is the most important, to take the place of the trade in slaves. The Germans possess the territory of the Cameroons and Togoland, in the immediate neighbourhood of the British possessions ; and more to the south, the Congo Free State has been founded by the King of the Belgians. British authority has been extended, by means of the Colonies and Protectorates, and by the action of the Royal Niger Company, which exercised all the functions of government until the administration of the territories under its control was undertaken by the Foreign Office in 1900.

Gambia. The river Gambia was discovered by the

Portuguese in 1447 ; and in 1588, the year of the Spanish Armada, Queen Elizabeth, being then at war with Spain and Portugal, gave a charter to a British Company to trade with the Gambia, and as early as 1618 an effort to do so was made, but it was not successful. In 1686 a fort was built upon a rocky island, and, in honour of the new King, was named Fort James ; but the English merchants had formidable rivals in the Portu-

guese and French, and it was not until 1783 that the river was recognised by the Treaty of Versailles, as British. It had no regular political institutions until 1807, when it was put under the Government of Sierra Leone. The Colony of the Gambia was created in 1843, and was constituted a separate government in 1888. The colony now consists of the Island of St. Mary, British Combo Albreda, the Ceded Mile, McCarthy's Island, and various other islands and territories on the banks of the river. The population (1st April, 1901) was 13,456 (excluding Protectorate, 131,000). The climate is unhealthy during the rainy season, viz., from June to October; but during the rest of the year it is fairly healthy. The chief export is ground nuts, which form nearly nine-tenths of the total exports. They are sent chiefly to Marseilles, where the oil is extracted and used for the same purpose as olive oil. Beeswax, rubber, and hides are also exported; and rice, cotton, maize, and a kind of millet called *kous* are produced in the countries bordering the Gambia, but not in sufficient quantities for export. The chief imports are cotton goods, kola nuts, rice and tobacco. A company of the W.A.F.F. (3 officers and 120 non-commissioned officers and men) is stationed in the Colony, and there is an armed police force in the settlement (numbering about 100 men), which performs both civil and military duties. The government, which is that of a Crown Colony, is now vested in a Governor, assisted by an Executive Council, consisting of three official members (besides the Governor), and by a Legislative Council of five official members and two unofficial members, nominated by the Crown.

	1901	1902	1903
Public revenue ...	£43,726	£51,016	£55,564
Public expenditure	48,518	51,536	67,504
Public debt	<i>nil</i>	<i>nil</i>	<i>nil</i>

HISTORICAL AND STATISTICAL INFORMATION

	1901	1902	1903
Total imports	252,647	303,515	341,063
Total exports	233,667	248,140	334,017
Imports from U.K.	58,294	136,326	142,560
Exports to U.K. ..	24,624	18,759	22,080
Chief Town, Bathurst. Pop. (1901),	8,807.		

The Gold Coast Colony. This colony comprises the coast of the Gulf of Guinea from about 3° 7' to 1° 14' E.

of Greenwich, with a protectorate extending inland to an average distance of 440 miles, or to the 11° of N. latitude, bounded on the west and north by the French colonies of the Ivory Coast and French Soudan, and on the east by the German colony of Togoland. The population of the colony is estimated at 1,043,500 (exclusive of Ashanti and the Northern Territories), of whom 1,796 are Europeans. The natives are almost all Pagans, but the number of Mohammedans and Christians is steadily increasing. The Castle and settlement of Elmina was founded by the Portuguese and taken from them by the Dutch. In 1618, some English merchants built a fort at Cormantyne, and subsequently many forts and factories were established, not only by the English and Dutch, but also by the French, the Danes, and the Germans, for the purpose of supplying slaves to their West Indian and American possessions. The first English Company to trade with the Gold Coast was chartered in 1662. This was succeeded in 1672 by the Royal African Company, which enlarged and strengthened Cape Coast Castle until it was the best on the coast, and also built forts at Dixcove, Sekondi, Commendah, Anamaboe, Winnebah, and Accra. This was again succeeded in 1750 by the African Company of Merchants, which was constituted by Act of Parliament, with liberty to trade and form establishments on the West Coast of Africa between 20° N. and 20° S. lat.

The settlements were in 1821 transferred to the Crown, and placed under the government of Sierra Leone, from which they were finally separated in 1874 under the title of Gold Coast Colony. The Dutch and English forts were intermingled until 1867, when an exchange was effected which gave all those on the west of the Swat River to Holland and those on the east to Great Britain. In 1872 the Dutch transferred all their forts to Great Britain, which had previously, in 1850, bought the Danish forts. It was out of this transfer that the Ashanti war of 1873-4 arose, as the King of Ashanti, who had always been on good terms with the Dutch, feared that he would be cut off from the sea. In this war, as in those of 1896 and 1900-1, the British arms were completely victorious; and the kingdom of Ashanti has now been added to the dominions of the British Crown.

The produce of the Gold Coast is chiefly sent to Great Britain. Gold is found in considerable quantities, and rubber, ivory, gum-copal, monkey-skins, cotton, camwood, Guinea grains, and oil are also exported to England. The principal exports in 1903 were: Gold £275,543, rubber £196,500, palm oil £145,896, palm kernels £105,272, and cocoa £86,250. The chief imports are textiles, alcohol, and hardware. The climate is damp, hot, malarious, and unhealthy. The Government assists the Roman Catholic, Methodist, and German missionaries in educational matters, and great efforts are being made to improve the sanitary condition of the coast towns. The Government has established schools of its own; the towns are lighted and policed, 956 miles of telegraphs have been established in the colony, of which 225 miles are in Ashanti and 62 miles in the Northern Territories. The Government railway from Sekondi through Tarkwa, the centre of the gold-mining

industry, to Kumasi (168 miles), has been completed and opened for traffic.

The seat of government is Accra (population 17,892). The other principal towns are Cape Coast (28,948), Ada (13,240), Elmina (7,100), Sekondi (4,095), Kwitta (3,018), and Axim (2,189). The Legislative Council consists of six official and four unofficial members.

	1901	1902	1903
Total revenue ...	£693,893	£501,754	£577,552
Expenditure ...	469,459	547,607	593,956
Imports from U.K. 1,324,809	1,553,655	1,439,822	
Exports to U.K. ...	254,129	339,463	594,143
Total imports ...	1,801,077	2,125,464	2,082,544
Total exports ...	559,733	774,186	980,942

Distant from Liverpool, 3,920 miles; transit, sixteen to thirty days.

Sierra Leone. The peninsula of Sierra Leone (Lion Mountain) was ceded to Great Britain in 1787 by the native chiefs, to be used as an asylum for the many destitute negroes then in England; and great numbers of liberated Africans from North America and the West Indies, besides those taken in slavers on the coast, have from time to time been settled there. In this respect Sierra Leone is really a colony, while it is also of commercial importance. The extreme length is about 185 miles, with an estimated area of 4,000 square miles. The population in 1901 amounted to 76,655, of whom 493 were resident Europeans. Of the rest, more than half were liberated Africans and their descendants, while the remainder belonged to the neighbouring tribes. The liberated Africans were brought from all parts of Africa, and as the result no less than sixty different languages are said to be spoken in Freetown. Almost every Christian denomination is represented in Freetown, and there are also many Pagans and Mohammed-

dans. Education, though not compulsory, is in an advanced state. The climate is humid and enervating to Europeans, and malarial fevers are prevalent, especially at the beginning and end of the rains, which last from May to October. The peninsula itself produces hardly anything. The inhabitants are almost all employed in exchanging the products of the interior for European goods. The exports consist chiefly of palm-kernels and kola nuts ; but benni-seed, cocoa-nuts, ginger, ground nuts, india-rubber, gum-copal, hides, beeswax, and rice are also exported. The principal imports are cotton goods, coal, apparel, hardware, provisions and tobacco. The taxation consists of specific duties on wine, spirits, ale and porter, tobacco, gun-powder, guns, kerosene oil, lumber, hardware, salt and sugar ; and of a ten per cent. *ad valorem* duty on other goods.

	1901	1902	1903
Public revenue ...	£192,138	£205,765	£237,730
Public expenditure	173,457	184,940	206,464
Total imports	548,286	625,935	700,827
Total exports	304,010	403,518	418,631
Imports from U.K.	411,578	455,922	514,970
Exports to U.K. ...	87,587	123,272	127,882

The Governor is aided by Executive and Legislative Councils, the latter consisting of six official and four unofficial members.

Freetown, the capital and seat of government, is the greatest seaport and has the finest harbour in West Africa.

A Protectorate was proclaimed on August 31st, 1896, over territory between 7° and 10° N., and 11° and 13° W., being bounded on the N. and N.E. by French Guinea, and on

The Sierra
Leone
Protectorate.

the S. and S.E. by Liberia. It has an area of about 30,000 square miles and a population estimated at 500,000.

For administrative purposes the Protectorate is divided into five districts under District Commissioners; the principal peoples being the Limbas and Kurankos in the north, the Tinmenis and Susus in the centre, and the Mendis in the south. The principal products are rubber, gum, and palm trees, benni-seed, rice, ground and kola nuts, while sheep and cattle thrive.

Freetown, 3,078 miles from Liverpool; transit, fourteen days.

Lagos.*

The Colony and Protectorate of Lagos is situated on the Bight of Benin, between Dahomey and Southern Nigeria, with a sphere of influence over the Yoruba country. The Protectorate comprises the Kingdoms of Pokra, Okeodan, Ilaro, Addo, Igbessa, Awori, Jebu Remo, Mahin, Itebu, Ayesan, Ibu, and the town of Ogbo. The chief industry is agriculture, and crops consist of maize, plantains, earth-nuts, yams and cassava, while cocoa, coffee and cotton are also grown. The natural products are palm-oil and kernels, ivory, gum copal and rubber. The natives are principally Mohammedan, but a large number of converts have been made by various Christian missions, the latter being the chief sources of education, towards which a Government grant of about £2,000 is made annually to meet the expenses of Government schools. There is a military force of about 1,000 native troops, officered by Europeans, and a native police force. Lagos island has an area of about four square miles, with a population of 41,847 (1901), and the whole district about 3,420 square

* The administration of the Colony of Lagos will shortly be amalgamated with that of the Protectorate of Southern Nigeria.

miles (or with the protectorate, 26,700 square miles), with about 1,500,000 inhabitants. A railway has been constructed from Iddo Island to Ibadan on the mainland, a distance of 123½ miles, and will shortly be extended to Oshogbo. Capital, Lagos. Pop. (1902) 41,704.

	1902-3	1903-4
Public revenue	£275,021	£334,696
Expenditure	235,495	303,086
Total imports (1902-3) ...	930,745	864,146
Total exports „ ...	1,337,865	1,146,323
Imports from U.K. (1902-3)	693,427	641,203
Exports to U.K. „	362,382	366,171

This Protectorate, formerly called the “Oil Rivers Protectorate,” includes the whole of the maritime region lying between Lagos and the Cameroons. The coast region was secured by treaties with the native chiefs, concluded by E. H. Hewett, C.M.G., in 1884, and was placed, in 1891, under an Imperial Commissioner, appointed by the Secretary of State for Foreign Affairs. The Protectorate was announced in the *London Gazette* of June 5th, 1885, October 18th, 1887, and May 16th, 1893. Centres of trade are Calabar, the capital (pop. about 15,000). Opobo, Bonny, New Calabar, Brass, Benin, Warri, Sapele, Akassa and Forcados, the two last named being situated at the Forcados and Nun mouths of the Niger, which, with the rest of the territories south of Idah on the Niger, passed on January 1st, 1900, from the Administrative control of the Royal Niger Company to that of “Southern Nigeria,” as the Protectorate is now called. The control of the administration of the Protectorate was transferred from the Foreign Office to the Colonial Office on the 1st April, 1899.

The principal exports are palm-oil, palm-kernels, rubber, ebony and ivory. The principal imports are

HISTORICAL AND STATISTICAL INFORMATION

cotton goods, cooper's stores, hardware, cutlery, and spirits.

		1902-3	1903-4
Revenue	£440,809	£470,606
Expenditure	331,397	477,756
		1902.	1903.
Total imports	1,246,481	1,492,748
Total exports	1,254,696	1,431,984
Imports from U.K.	1,004,958	1,228,959
Exports to U.K.	820,057	922,658

Steamers of the British and African and African Lines run regularly between Liverpool and the principal ports. Headquarters, Calabar. Transit about nineteen days. Telegraph to Brass, Bonny and Calabar.

This Protectorate was established on January 1st, 1900, and includes the northern portion of the territories formerly administered by the Royal Niger Company. It is bounded on the south by Southern Nigeria and Lagos, to the west and north by the French possessions in the hinterland of Dahomey and the Soudan, and on the east by Lake Chad and the German territory of the Cameroons.

Northern Nigeria.

Since the occupation of Kano and Sokoto in February and March, 1903, steps have been taken for the establishment of administrative control over the whole of the Protectorate, of which the area is about 310,000 square miles. The population of the Hausa States alone has been estimated at 30,000,000. The centre of administration is Zungeru, near the Kaduna River, a tributary of the Niger, and the Protectorate is divided for administrative purposes into sixteen Provinces. The frontiers to the North and East were delimited during 1903 by Anglo-French and Anglo-German Boundary Commissions. The imports are much the same as in Southern Nigeria, and the principal exports are palm-oil and palm-

kernels. The importation of spirits is prohibited. There is telegraphic communication from Lagos to Jebba, Zungeru, and Lokoja, and the line has been continued along the Benue, as well as in other directions. Steam communication with England *via* Forçados.

CHAPTER X.

GENERAL INFORMATION.

HINTS AND SUGGESTIONS ON GEOGRAPHICAL SURVEYING BY C. A. REEVES, ESQ., F.R.A.S., CURATOR AND INSTRUCTOR R.G.S.; ALL POSTAL AND TELEGRAPH RATES WITH NOTES BY — SOMERVILLE, ESQ., POSTMASTER GENERAL, N. NIGERIA; SOLDIER NOTES FOR OFFICERS, N.C.O.'S AND MEN, BY CAPTAIN WALLACE WRIGHT, V.C.; LIFE INSURANCE NOTES; TRADER NOTES BY "THIRTY YEARS EXPERIENCE"; NOTES FOR LADY NURSES BY MISS A. N. DEEKS, COLONIAL NURSING ASSOCIATION; MISSION WORK BY L. H. NOTT, ESQ., LATE YORK AND LANCASTER REGIMENT; OFFICIAL CIRCULARS; RECIPES.

NOTES AND SUGGESTIONS ON GEOGRAPHICAL SURVEYING AND OUTFIT.

By E. A. Reeves, F.R.A.S.

Map Curator and Instructor, Royal Geographical Society.

Although it is a fact that the work of the pioneer explorer of the old order is being brought to a close, yet that of the true scientific traveller and surveyor is but beginning.

Rough Road Maps. The days of rough route-mapping are past. A man who only makes a hurried journey through some imperfectly known district, without proper previous training, and who is able, consequently, only to bring back with him a rough prismatic compass sketch of the route he has taken, will, at the present time, find that he has not rendered any great service to geography—in fact, it is quite likely that his labour will be found to be of no value whatever. That sort of work might be all very well in the early days of exploration, but what is wanted now is some-

thing better and more reliable—survey work which will take the place of first approximations and rough sketches, and which, if not possessing the extreme accuracy of a complete trigonometrical survey, shall at least have some scientific basis, and be far more reliable than anything previously existing. This is an important point, for it is quite painful at the present time to inspect a route-map made by a man with evident pains (but without any pretence at scientific accuracy), of a journey he has undertaken through perhaps some part of Africa, and of which there are possibly far better maps already in existence. There are hundreds of these route maps, so-called, in the Royal Geographical Society's map-room, and many of them intended to represent the same district; but so extremely rough are they, and so little do they resemble one another, that no one would be aware of this fact but for the title they bear. But, further, even when there has been an attempt to correct the position of the places by astronomical observations, it is surprising what crude ideas are often possessed by those responsible for the work, and, through want of previous training and knowledge, it has frequently happened that these so-called "observations" are but delusions and snares, and give the maps an appearance of accuracy which they in no wise deserve. Not long ago I was requested to work out some observations into which time entered as an important factor, but I could make nothing of them; and, upon inquiry, was informed that the times were taken with a half-crown clock bought at Cape Town, and which was without a second-hand. However, the observer told me that he thought the times were near enough.

What is wanted for the future is not this sort of mapping work, but something far more reliable; and let the future surveyor in imperfectly known parts of

the earth remember that, although there may be less romance attached to the journeys he may make than there might have been fifty years ago, and less opportunity for the exercise of his imagination, by previous study and training, by providing himself with more reliable instruments, and generally aiming at a far higher standard of accuracy than his predecessors, he will be able to replace fiction by fact, much that is doubtful by certainty, and the approximation by actual truth.

The following list of instruments may be taken as those which are necessary for the doing of any satisfactory work:—

(1) Theodolite. This is in some respects the most important instrument, although the man accustomed to the sextant can arrive at fairly accurate results, yet the transit theodolite with complete vertical circle of 5 or 6 inch diameter, is in every way better.

(2) Watch. At least three watches of the following description should be taken, and a "split second" stop watch will be found convenient for taking times of observations. This being controlled by the standard watch, need only go for a short time without error.

The three watches should be keyless, silver, half-chronometer watches, with an open face and a second-hand which falls everywhere truly on the divisions. Pack the spare watches separately in chamois-leathers washed before use and a watch-key with each watch.

(3) Chronometers are excellent for river expeditions, but are most difficult to transport overland without injury.

(4) The plane table should be of simple construction. Telescopic sights are of great advantage for long distance objects. The table must be properly framed and the tripod rigid. The board should be fitted with a

slow motion screw for accurate alignments. Two plane tables should be taken in strong canvas bags fitted with leather corners and straps for carrying.

(5) A fairly large telescope for observing occultations must be taken with a $2\frac{1}{2}$ inch object glass, a Kelner eyepiece of not less magnifying power than 60, two additional eye-pieces with powers up to 120. The stand must be rigid, with slow motion screws. Cary, Porter & Co.'s telescope in two sections, is recommended.

(6) Perambulator. This is very useful and should be of the simplest construction, but very strong for rough usage.

(7) Compasses. A prismatic compass not less than $3\frac{1}{2}$ inches diameter, graduated on silver or aluminium from 0° to 360° fitted to a light tripod stand.

Two pocket compasses, $1\frac{1}{2}$ to 2 inches diameter, of good quality, with graduations from 0° to 360° *not* twice from 0° to 180° .

(8) Thermometers. Three sling thermometers; a pair of wet or dry bulb; and a pair of maximum and minimum thermometers should be included in the outfit.

(9) Aneroids or mercurial barometers for ascertaining heights are not likely to be of use to men in West Africa.

FOOTNOTE.—Readers are strongly recommended to apply to the Royal Geographical Society for assistance and advice ere fitting out their mapping equipment.

POSTAL NOTES.

By a West African Postmaster-General.

In Britain the largest Government Department, in fact the greatest business undertaking, the Post Office, works with so much regularity that the actual hour at which a letter will be delivered can be calculated with certainty. In new countries difficulties have to be surmounted before even the certainty that a letter will reach its destination can be established. The West African Colonies must be known intimately before these difficulties can be properly appreciated.

The British Post Office finds transport ready, mails can be sent by any train, and in such places as mail-carts are necessary, the Department has little trouble in getting a contractor. In West Africa contracting is unknown at present, and the native does not understand it. The Post Office has therefore not only to do the ordinary work of sorting and delivery, but also to find runners to carry the mails up-country. Runners are difficult to get, as they do not care to go long journeys without companions. It speaks well, however, for the native runner, that it is very rarely that mails are lost, although the distance between two stations is frequently more than two hundred miles.

A Surrey Runner. It may be wondered what a farm labourer in Surrey would think if he were handed a bag weighing sixty pounds and ordered to carry it to Manchester in ten days. Yet the mail runner in Nigeria travels from twenty to twenty-five miles a day on bush-paths over which an inexperienced European hesitates to ride a horse. The Compiler, foreseeing that "Verb. Sap." might become a defence of any postal short-

comings has very rightly restricted the length of this article. Let me therefore offer now a few words of advice to readers.

Do not be afraid to address correspondence fully, giving not only the surname of the addressee but also the initials, while the rank or official position should also be fully added.

Care should be taken in securing packets and parcels. A complaint was made to the writer a short time ago that a gold-mounted cigarette-holder had been lost in the post from a letter. The envelope in which it was enclosed, without any packing, was of the ordinary foreign-note-paper type! The unofficial reply was naturally "You deserved to lose it."

Parcels should be very securely packed—canvas is much better than any paper as a covering.

An extra charge is made on parcels to places up-country, but these charges, as also Custom dues, can be prepaid in Britain.

Telegraphy. The telegraphs are being pushed forward in every direction, Southern Nigeria are erecting lines, while in Northern Nigeria the telegraph is already established at Yola, Kano, and Bautchi, and will shortly reach Sokoto in the one direction, and Kuka on Lake Chad in the other, making in all over two thousand miles of line.

Lagos and the Gold Coast are also well served, while the telegraphs are following the railway line into the Sierra Leone Hinterland.

The charges for inland telegrams are low, a $\frac{1}{2}$ d. per word, with a 1s. minimum charge. Northern Nigeria has gone one better and reduced the minimum to 6d. The cable charges are high, and for this reason it is recommended that a telegraph abbreviated address be registered with the Post Office or Cable Co. The

charge for such registration with the Government Office is one guinea per annum. The advantage is that only the registered word and the name of the town is required in the address, it will therefore be readily understood that, with the rates at 5s. per word, the registration fee is a sound investment.

POSTAL RATES.

(From the Quarterly P.O. Guide.)

POSTAL RATES TO WEST AFRICA :

For a letter per $\frac{1}{2}$ oz.	1d
For a single post card...	1d.
For a reply post card	2d.
For newspapers, per 2 oz.	$\frac{1}{2}$ d.
Registration fee	2d.

Date of despatch of mails for West Africa, every Tuesday and Friday (made up in London). Homeward mail due at port of arrival every Friday.

Approximate times in transmission of correspondence as follows :

Accra	17 days.
Benin	21 „
Calabar	22 „
Cape Coast Castle	17 ,
Cape Palmas	22 „
Forçados	21 „
Lagos	19 „
Lokoja	24 „
Madeira	4 „
Sierra Leone	13 „

PARCEL POST.

DESTINATION	ROUTE	DATE OF DESPATCH	RATES	Size LIMITS
GAMBIA	African and	twice a	not exceeding	feet
(can be insured	British and	month	3lbs. 7lbs. 11lbs.	$3\frac{1}{2}$ by 6
up to value	African Lines		1s. 2s. 3s.	
£120)	(3 weeks)			

GENERAL INFORMATION

DESTINATION	ROUTE	DATE OF DESPATCH	RATES	SIZE LIMITS
GOLD COAST COLONY (can be insured up to value £50)	African and British and African Lines (3-6 weeks)	every Friday	not exceeding 3lbs. 7lbs. 11lbs. 1s. 2s. 3s.	feet 3½ by 6
LAGOS (can be insured up to value £50)	ditto (3 weeks)	ditto	ditto	ditto
MADEIRA (can be insured up to value £20)	Union Castle Line (5 days)	every Saturday morning	not exceeding 3lbs. 7lbs. 11lbs. 2s. 2s. 6d. 3s.	feet 2 by 2
NORTHERN NIGERIA (Parcels for N. Nigeria cannot be insured)	British and African Lines (3-4 weeks)	every Friday after- noon.	1s. 2s. 3s. Parcels for places other than Lokoja length and Zungeru are and subject to extra girth). fees for delivery.	3½ by 6 (i.e., length and girth).
NIGERIA (can be insured up to value £120)	B., and B. and A. Lines (3-4 weeks)	every Friday after- noon	1s. 2s. 3s.	3½ by 6 (i.e., length and girth).
SIERRA LEONE (can be insured up to value £50)	ditto (14 days)	Fridays	ditto	ditto

TELEGRAM RATES.

WEST AFRICA :

FOR EACH
WORD.

BRITISH POSSESSIONS :

Bathurst...	Eastern Co.	...	} 3 6
				Ditto, viâ Teneriffe		
				Direct Spanish Co.		
				Ditto, viâ Teneriffe		

Gold Coast :

Accra and Secondi	Ditto	4 8
Other places	Ditto	4 10

GENERAL INFORMATION

							FOR EACH WORD	
Nigeria :								
Bonny	}	Eastern Co. ...					5	0
Brass		Ditto, viâ Teneriffe						
Lagos		Direct Spanish Co.						
		Ditto, viâ Teneriffe						
Other places	Ditto	5	2
Sierra Leone :								
Sierra Leone	}						3	6
Cline Town		Ditto		
Water Street								
Other places	Ditto	3	7
Walfisch Bay.—Telegrams are sent from Swakop- mund (German South West Africa) by post or by special messenger. The usual charge of 2½d. must be paid by the sender for delivery by post, or a charge of 10s. for delivery by special messenger, as the case may be, in addition to the rate to Swaopmund.								
FRENCH POSSESSIONS :								
Dahomey	Eastern Co. ...		5	0	
				Ditto, viâ Teneriffe				
				Direct Spanish Co.				
				Ditto, viâ Teneriffe				
French Congo	Ditto	5	5	
French Guinea :								
Conakry	Ditto	3	6	
Other places	Ditto	3	7	
Ivory Coast :								
Grand Bassam	Ditto	4	6	
Other places	Ditto	4	8	

SOLDIER NOTES.

FOR OFFICERS, N.C.O.'s AND MEN.

By Captain Wallace Wright, V.C., The Queen's.

Late West African Frontier Force.

A few hints written especially for the benefit of "soldiers generally," who contemplate doing one or more tours in West Africa, may, perhaps, be not out of place in this section of "Verb. Sap."

Clothing.

Such matters as length of tour, mails, underclothing, and uniform, are treated of elsewhere in this work, and I can only say, with reference to the last two items, that, having discovered from the "pamphlet of regulations" issued by the Colonial Office, what are the nature of the articles which must be actually invested in, the individual should determine what is the least possible number of each kind that will suffice for his tour. Clothing of all kinds becomes ruined by the climate and insects of West Africa more quickly than in any other country of which I have actual experience or of which I have heard told. (See Chap. I., Part I.)

Messing and Provisions.

At all headquarters of battalions, excellent Messes are in existence for both officers and N.C.O.'s, and, if it were possible to count on permanently remaining at headquarters, no hints relating to provisions would be necessary from anyone. But for every individual who remains at headquarters, at least six are passed out on detachment to more or less distant out-stations, where the obtaining of provisions rests with themselves entirely.

There are two ways to meet the difficulty:—(1) By bringing out from England a quantity of stores, packed

in suitably sized boxes of the requisite weight for human transport. (See Carriers.) (2) By trusting to the canteens of such Companies as the Niger Company and Messrs. John Holt and Co., which supply everything that the average man can want. Many men prefer the former (1), the majority, I think, the latter (2).

My own advice, and I give it strongly, is to bring as little as possible from Home in the way of stores, the question of transport being a very difficult one, and the supply of carriers uncertain, so the traveller who arrives at headquarters with, let us say, even six months stores, amounting as it would to approximately 50 loads, will stand every chance of having to proceed on his journey with one or two only, leaving the remainder behind him to wait until the hard-worked and long-suffering Transport Officer can find opportunity and means to send them by dribblets to the owner's station.

Far better is it, in my opinion, to take a small quantity with one, for temporary purposes, and then to send down local carriers periodically to the canteen at headquarters to bring up a further supply. Not only is this manner of provisioning oneself more satisfactory, but I believe it is also cheaper in the long run.

Cooking Utensils. I recommend the taking out from Home of a few of these articles made of aluminium. Not only are such lighter, but the fact that this kind of utensil is so easily cleaned is most important in a country where cleanliness among the native servants is not so closely allied to godliness as in our own land.

Pay and Allowances. To those officers going to Nigeria, a word about the method of drawing pay may be useful. At present, in addition to pay, certain local allowances are granted to all while actually serving in the country. The amounts of these are best ascertained up

to date by referring to the circular on the subject of pay issued by the Colonial Office. Allowances begin to count from the day of arrival at Forçados, or whichever port is the place of disembarkation for the traveller.

There are two ways of drawing "pay" whilst serving.

1. Regimental agents or any bankers can draw it all from the Crown Agents, and pay the amount into the account of the officer in question.

2. Agents or any bankers can draw a part, leaving the remainder to be drawn by the officer himself from the Treasury in Nigeria.

Note that local allowances are always drawn monthly on the spot.

My advice is, "Let your regimental agents draw *all* your pay; try to live, as far as possible, on your allowance, and, if the latter do not quite meet your expenses, which they should generally do, pay for the surplus with a cheque."

The Crown Agents for the Colonies will offer you, on joining, both the above ways of drawing your pay, but I believe that all who have had actual experience will unanimously agree with the course I suggest.

I now propose, in conclusion, to say a "Verb. Sap." few words to those younger officers who are contemplating taking their share in the development of West Africa.

West Africa offers to the young British officer and non-commissioned officer a unique opportunity of developing those inborn qualities which have done so much to make our Empire what it is.

Going straight from the discipline of regimental life, with its meagre responsibilities, you will find yourself suddenly thrust into a position of great responsibility. Situated, probably, many miles from all authority, it will soon be borne upon you how great is the confidence

reposed in you, and you will need nobody to make it clear how easy it is to keep out of everybody's bad books, though doing in the meanwhile the least possible amount of work.

"The Great Game." Do not forget, however, that irrespective of the fact that you are not "playing the game," every day that passes without your giving all your energies and abilities to the training of your troops, and to the fostering of a feeling of goodwill between yourself and the natives with whom you may come in contact, will be so much time wasted and the settlement of the country, for your share in which you are being paid, will be so much retarded.

Let me urge you to steer very clear of a failing only too easy to get accustomed to, that the native is only a black man, and thinks of nothing but feeding and clothing himself.

In many parts all classes of the population are very jealous of the position of the all-powerful white man, and your actions will be watched like a mouse is watched by a cat, and any signs of weakness, unfairness, and slothfulness will all be marked up on the slate to be taken advantage of at a later date.

It is unnecessary, I feel sure, to point out that a country like the one in question is ruled more by the personality of the handful of Europeans than by countless numbers of rifles and maxims. The **Maxims.** native of West Africa is a child at heart, and he will do anything for a man he respects and fears.

Real respect and fear, however, are not to be attained by brute force, but by a wise administration of justice and firmness tempered by patience and human kindness.

The above is very difficult in a country where the climate plays havoc with one's temper, if not with one's health, but knowing this, it becomes our bounden duty

to guard the latter by taking advantage of the excellent hints given elsewhere in this book, and especially by being strictly moderate in all things.

Finally let me ask you to realise how necessary it is for all classes of the British community to work sympathetically together for the good of the country.

I have heard many soldiers say that the
Civillan and
Soldier.
“civilians” do not appreciate, and do not care about, the difficulties which soldiers at out-stations have to put up with. This is, I assure you, a great mistake.

We soldiers, from our training, are liable to become too autocratic, and I feel sure if you will go in for the system of “give and take,” you will find it an easy matter to hit it off in matters both personal and official with that loyal and able body of men who do not (like most of our soldiers) contemplate only a brief stay in the country, but who are trying to make their career in West Africa, trusting that their health may last sufficiently long to enable them to do so.

LIFE INSURANCE NOTES.

THE CHEAPEST INSURANCE FOR TRAVELLERS TO WEST AFRICA.

The dangers of disease in West Africa are altogether misunderstood by most people and by the directors of life insurance companies amongst others. Consequently the treatment of travellers to that country in regard to life assurance is characterised by a curious lack of uniformity. In the board-rooms of some offices, West Africa has the reputation of being such an unhealthy climate that no person journeying to or residing in that

country is allowed to insure even at the most prohibitive rates. In many others it is hardly less terrible, for beyond the ordinary premium charged to persons resident in European countries, an annual extra of £10 10s. per £100 is demanded. So that while in the United Kingdom a man aged thirty is required to pay only £25 for a £1,000 with profits policy, payable at death, he will be charged £130 for the same policy if he is journeying to West Africa and the extra £105 will be payable each year as long as he resides in that country. Insurance at this rate is practically prohibitive and should certainly not be taken, not only because the insurer will pay in seven years practically as much as the amount of policy, but because there are other offices of equal or better financial standing which grant even better policies with extra rates of only one-third or one-half the amount we have mentioned. It is curious to note that many persons, either through want of knowledge of these matters, through disinclination to take the trouble of finding an office quoting a less rate, or through a wrong impression that a company charging a low extra rate cannot be of good financial position, have willingly paid £10 10s. per cent. extra. The cause of the different rates charged by the different offices is not that one office is willing to reduce rates to obtain business and lose in so doing, but that some of them understand the health conditions of West Africa and some do not. The extra risk is proven by the experience of some offices which have transacted the business to be worth not £10 10s. per cent., but for persons who are going to the West Coast for the first time, only half that sum, and for persons who have become acclimatised by having been resident in the country for not less than three years, only £3 3s. per cent. These extra rates, by the way, are payable during the time of residence only. They are

removed as soon as the insurer returns to temperate climates. They are charged, too, by one company amongst others which in financial position is one of the strongest in the world, and which as regards returns to policy-holders, is also probably the best. To take an example of the terms which may be secured by a man of thirty about to journey to the West Coast for the first time. An annual premium of £8 4s. 8d. will purchase a policy of £100, with profits, payable at death, or at the age of sixty-five, if he should live to that age. Each year a bonus is added to the policy, and according to the results of the latest bonus declared by the company the policy will increase to £109 at the end of five years, to £119 at the end of ten years, up to £143 at the end of twenty years, and to £188 at the age of sixty-five. If the insurer dies before age sixty-five his estate will, of course, receive much more than the premiums paid. If, for example, he died when premiums had been paid for three years, he would have paid in a total of £25 or so, and the company would repay £104; but if he lives to age sixty-five the policy is an excellent investment in the majority of cases. Few people reside in West Africa permanently, and, if we mistake not, the majority do not stay there for more than five years at the outside. They would thus pay in premiums for the five years a total of £41, and if they returned to temperate climates they would contribute a further £89—the annual premium, without the extra, being £2 19s. 8d.—making all in all £130 up to age sixty-five, assuming they live to that age. In return for this £130 the company pays, including the bonus, as we have mentioned, a total of £188, or a profit of £58 above the premiums paid; besides which the insurer has been held covered for thirty-five years in all. This is unquestionably the most remunerative policy that can be obtained.

In Chapter VIII., under the heading of Insurance, is given the firm to which all those going out are recommended to apply for all information and advice.

TRADER NOTES,
FOR THOSE GOING TO WEST AFRICA AS
SUB-AGENTS AND CLERKS, &c.

By "Thirty Years' Experience."

It may be said that the attraction for young business men, which draws them to the West Coast, is the hearing of the success of those who return to England on leave or to take up appointments in the home offices of their businesses. It is the ambition to do likewise, to succeed in business, rather than the spirit of *wander-lüst* which takes men to West Africa as trader's and merchant's assistants.

Contract. The terms of agreement by the principal houses usually cover a period of two years, including, as a rule, a saloon passage out and back. In case of sickness an employé is sent Home at the Firm's expense, providing he is invalided by a doctor (a Government official) and the medical examination is strict to prevent any malingering.

Salary. Salary varies, but the average is about £80 to £120 for the first and second years respectively. In addition to the pay all board, lodging, and laundry are provided free,—in fact, everything is provided but clothing and outfit. Of course this does not hold good with all merchants.

Prospects. If a man pays strict attention to his business, and studies the interests of his Agent and merchant, his promotion is rapid, that is to say,

after he has put in his first two years and goes out again as a *second-term* man. After twelve months' service in that capacity he may be appointed sub-agent or even full agent, as vacancies occur, and his remuneration would then amount to anything from £500 per annum to £1,500.

There is very little sport to reckon upon.

**Out of Office
Hours.**

Golf and cricket are played from 4 p.m. to 6 p.m., but those games can only be indulged in by the principals, or Government officials. The young hands who go out are at first expected to be at the Trading establishment all day, for natives come in and out from early morning until evening. There are, however, a good many informal breaks in business hours when a smoker can enjoy his smoke, or a cup of tea or coffee be had with a social chat with fellow Employeés. The bartering with natives is rather a pleasant occupation, and time will be found to pass quickly when at work.

**Private
Enterprise.**

In my opinion there is no prospect of anyone starting in business on his own account unless he has at least £25,000, and then he would meet with keen opposition from all the strongest houses, when the result of the venture would be most probably disastrous.

**Health and
Trading.**

The business life in itself is in no way detrimental to health. Everything in moderation is the only way to enjoy fairly good health, and I am most glad to note that this cardinal principal is the key-note of the health advise in "Verb. Sap." Of course every one going to the West Coast must expect to have a certain amount of sickness, fever, &c. The quarters are practically always in every way comfortable and are provided with all necessaries.

Expenses. It may be said that a clerk can save all his salary, for there is nothing on which he *must* spend money except clothing and extras, such as luxuries, &c., and for these an allowance of £25 for the two years should suffice.

NOTES FOR LADY NURSES.

WEST AFRICAN SERVICE, AND "ABOUT THE NURSING SISTERS ON THE GOLD COAST."

By Miss A. M. Deeks,

Senior Nursing Sister The Gold Coast Colony.

Nurses are selected from time to time by the Colonial Office for the following:—Sierra Leone, Gold Coast, Lagos, Southern and Northern Nigeria. All applications and requests for information should be addressed to the Hon. Secretary, The Colonial Nursing Association, Imperial Institute, London, S.W.; and to the Crown Agents, from whom circulars may be obtained giving the general regulations and special information for the several colonies. Ladies are recommended to furnish themselves with these, and, when reading the lists of uniform, &c., to remember, like the Military and Civilian Official, that the period of service is short, so that while all necessities in the way of clothing must be taken, yet the cutting of the wardrobe down to reasonable limits will leave more room for minor luxuries and for the expenses of buying them. An allowance of £12 is given toward the outfit, and, if necessary, the Nursing Sister, like the Official, can anticipate enough of her salary to go out properly equipped.

Sierra Leone. The Colonial Hospital in Freetown has a Matron with a nursing staff of natives, while the Nursing Home in Freetown has a nursing staff of three nurses, of whom two are in the Colony and one at Home on leave. (See Circulars.)

Gold Coast. The present staff consists of five nurses of whom four are generally in the Colony. The government hospitals are at Accra, Cape Coast, and Sekondi. (See Circulars.)

Lagos. The Colonial hospital has three nurses, and the daily average of European patients is two. (See Circulars.)

Southern Nigeria. There are five nurses, with no native staff, in the hospital at Old Calabar, while in Northern Nigeria there are two hospitals, one at Zungeru and one in Lokoja. Of the twelve nurses about eight are in the Protectorate at a time, and there is, moreover, a native staff. For information *re* quarters (which are provided), lighting, fuel, servants and laundry, as to whether these are provided or not in the several Colonies, reference should be made to the Circulars, but nurses may note that of course the conditions of life for them in the Stations are the same as for the other Europeans, and of which description is given elsewhere in "Verb. Sap."

The following excellent notes anent the life and duties of nurses on the Gold Coast may be noted by those going to other Colonies where a few details may differ, but the general conditions are the same.

About the Nursing Sisters on the Gold Coast. The first thing to consider in outfit is the uniform, which is white, with sailor hats and navy blue belts and hat-bands, a pith helmet for the hot season, and a rain-coat and rubber overshoes for the rainy season.

The full-dress uniform consists of a soft white washing

silk dress, with scarlet belt, collar and cuffs, and cap after the same style as the St. Thomas's Sisters. Underclothing should be light, with some warm garments for the wet season (see Chap. III.), when chilly winds are felt, and which often give fever and chills unless one is warmly clad. Nuns veiling, loose woven woollen clothing, and nainsook and other muslins are the most useful. A flannel dressing-gown should be taken as well as a muslin one.

When shopping, before sailing, one should always have an eye to loosely-made material, as it washes so much easier; and the native washman is not very energetic; unless the dirt washes out with very little trouble he calmly leaves it in. Thus a stiff, close-made material, under their tender care will speedily become a grey mud colour.

Quiet rubber-heeled slippers for the hospitals should be added. Mosquito boots are very useful, and can easily be obtained at the Canary Islands on the outward voyage. Some pretty blouses and a couple of useful skirts for the steamer, also one or two evening dresses.

If funds will allow, after the clothing has been provided, a Nursing Sister should get a deck-chair, some cushions, some muslin for curtains, large and small table covers, and any little pictures or knick-knacks which would make her bungalow pretty and comfortable.

Glass, crockery, cutlery, and table linen have not in past years been provided for the Nursing Sisters, only bare furniture; but provision is now being made for these things. A Nursing Sister going out for the first time should ascertain about this from the Crown Agents.

The Sisters' quarters at Accra are large and comfortable, consisting of a double bungalow, each containing two rooms, a verandah front and back, pantry and store-

room. A nice large garden surrounds these quarters, in the back part of which may be found the kitchen and servants' quarters.

At Cape Coast an old house was given to the Nursing Sister, with three rooms and a verandah. This house is only fit for one person, and it will soon be uninhabitable: as even the skill of the Public Works Department cannot make it water-tight, and a strong tornado during the last rainy season played great havoc with it generally. At Sekondi the Sisters' quarters are very pretty. A nice new bungalow with three rooms and a large verandah; this also is only available for one person, as every Nursing Sister should have her own sitting-room as well as her bedroom.

In a climate where the heat and general worries of life amongst natives, mosquitos, &c., takes most of the energy and vitality out of white people, they should certainly have plenty of room, air, and freedom from too much contact with their fellow workers. Undisturbed sleep and plenty of rest is absolutely essential in a depressing climate like the Gold Coast.

The Life. A Nursing Sister's life and work on the Gold Coast is very different from their life and work in England, or any other country.

She has much to contend with, and much to enjoy and amuse her. She must be always prepared for the very sad fact that patients die very quickly in the Tropics. It is a very common occurrence to meet a man out one evening at dinner to have him as a patient the next day, and the next to see him put into his coffin. This fact shows the good a Nursing Sister can do on the Coast, as not only does she try to alleviate her patients' sufferings, but she is the only white woman and consoler at many a deathbed. The statistics show that since the Nursing Sisters have been on the Coast, the death-rate is very

much smaller. If a Sister is alone at a station she commences her duties at 8 a.m. in the Hospital; it is very pleasant to get up at daybreak, as the morning is much the best time in the whole day. She then has time to do little things in her own house, and to have breakfast before going on duty.

Duties. At the Hospital she has European patients to see and attend to, the medicines to give, &c., to go round the wards with the doctor, and carry out his instructions; also to weigh and check the patients' food in the Hospital kitchen, to superintend in the native wards, and instruct the native nurses how to do dressing and give appliances, etc. The Sister must write all instructions for the native nurses in a book kept for the purpose, otherwise they will fail to understand or remember them. She has to see that the European patients get all their meals properly, to keep the books and give out stores daily; there is also the linen and general up-keep of the Hospital to attend to. On certain days in the week the Sister gives classes and lectures to the native nurses. These she arranges to fit in with the other work, also the hours for meals and off duty for the native staff. At 11 a.m. the European and native patients have their second breakfast, and the Sister has hers about 12 noon. After this, while the patients have their afternoon siesta, the Sister takes a rest until time for the patients' tea at 3.30 p.m. This is only when there are no bad cases in the Hospital. If there is even one bad case the Sister gets no rest, but has to remain on duty all the time, as the native nurses are not to be trusted.

After tea the evening work and dressings are done, and the patients have their evening meal at 7 p.m.

Native Staff. The Sister has to overlook every little detail of work, as the native nurses and

ward boys are, as a rule, lazy and indifferent. Lamps are a great trial, as the kerosene oil lamp is the only light available, and the native mind will never master the art of trimming lamps, it is much wiser for the Sister to do them herself.

A native nurse is always on night duty, the Sister going round the wards last thing before she retires about 10 to 11 p.m.

It is a good thing to have one native nurse on night duty to report to the Sister at her quarters at intervals during the night, or once or twice, as the case may be. If this is not done the patients will get very scant attention during the night, as it is the native nurse's one and only idea to get as much sleep as possible himself.

The native nurses are men at all the stations except Accra, where there is one female nurse. There are generally four or five at a station and four ward boys. If two Nursing Sisters are at one station, the work is divided between them, as equally as possible.

The Nursing Sisters are under the immediate control of the medical officer in charge of the Hospital, but for any advice or complaint she can always apply through him to the principal medical officer.

Social Notes. In spite of the reputation of the Coast,

Sisters do have their slack times and can take advantage of such social life as the Colony affords. Out-of-door sports will never be indulged in to any great extent in a shade temperature of 90° Fah., but cycling and gardening give one an interest in life, and a fairly good game of tennis is by no means an impossibility at any of the Stations. Cycling can only be done to any extent at Accra, as Cape Coast is very hilly; and at Sekondi it is impossible, as there are no roads of any length.

Gardening is a delightful pastime, as the tropical

flowers are most beautiful and interesting. Lilies, cannas, ground orchids, ferns, creepers of various kinds, and other things can be obtained from the Bush ; and from English seeds the best growing are zinnias, balsams, nasturtiums, mignonette, sunflowers, petunias, &c.

Walking is very good exercise and should not be neglected. The Nursing Sisters are often invited out to dine, and they can have their friends to tea. Sometimes pic-nics and dances are arranged, to which the Sisters are always invited. A camera, too, makes a lot of interesting work during off-duty time, and the more resources a Sister may have the happier she will be.

A woman with a fair amount of tact, good judgment, resources, discretion, and a happy disposition, should do well and have a pleasant time on the Gold Coast.

MISSIONARY WORK IN WEST AFRICA.

Notes by H. Nott, Esq.

Travellers and others are apt to get inaccurate or distorted views of the customs and habits of the peoples of the lands through which they pass. Their minds are for the most part occupied with the immediate details which present themselves to their eyes, and they are therefore prone to judge on broad issues from the particular objects with which they are brought in contact, and this is very much the case with regard to the effect of missionary work.

But, in judging the results of missionary work, all superficial impressions must be discarded. The subject must be looked at from a standpoint in a manner similar to the following. Firstly, it must be considered what effect Missions have had upon the people at large, and,

secondly, whether the Missions have done anything for the leading native officials, professional men, merchants, and others. The Lagos Colony and Protectorate may be taken as the best example of the effect of Christian Missions on a broad basis. Here are found thousands of Christians where only a hundred years ago there were none. Several large churches exist with memberships of many hundreds which are, in many cases, on a self-supporting basis. These churches send men and funds to evangelise the heathen districts—one congregation alone in Lagos spending in this way over £300 a year. The influence of Christianity is felt in every class of the community.

**Educational
Force.**

It is in educational work that the influence of Missions can be most easily seen in West Africa.

If, anywhere, a hundred of the more educated natives be taken it will be found that quite 90 per cent. have been educated in Mission schools. Until very recently there were no other schools on the River Niger but those of the Church Missionary Society and the Roman Catholic Missions.

The majority of native clerks and officials of the administrations receive their education at the grammar-schools of the Church Missionary Society at Lagos and Sierra Leone, or the Wesleyan High School, while some go on the Fourah Bay College, a Church Missionary Society institution affiliated with Durham University, and from which many Africans have taken an University Degree. The technical education of many is due to the able instruction of the Basle and other Missions.

There is at Onitsha on the Niger (see Map) a large Industrial Mission under the auspices of Bishop Tugwell, whence yearly a number of trained carpenters, sawyers, and brickmakers are turned out.

**Medical
Work.**

With regard to the utility of the Mission labours, from a medical point of view, it may be added that the medical officers of the Governments frequently bear testimony to the very great advantage and assistance they derive from missionary sources, and from the good feeling and spirit of co-operation which exists between the medical departments of the Missions and themselves. The Missions do not merely carry on a useful work at headquarters, but here and there about the country is progressing their beneficial work.

It must be added, that a magazine called "The Western-Equatorial-Africa Diocesan Magazine" is published monthly, which gives details of Mission work in the Lagos Colony and Protectorate, and in the two Nigerias. Readers who are interested in the subject, or who become so from what they will see and read in West Africa, are invited, if they feel disposed to help on the Mission work, to correspond with the writer of these few remarks (see Languages, for Mr. Nott's address, page 105).

GOVERNMENT INFORMATION.

The following circulars are obtainable from the Colonial Office on application. (New editions are issued from time to time.)

(1) "Colonial Appointments" Memo. No. 96 of September, 1904.

(2) "Information for the use of Candidates for appointments in the West African Medical Staff." No. 678 of March, 1904.

(3) "Pensions Laws for West Africa." No. 748 of March, 1904.

(4) "Special Rules as to Leave of Absence and Passages for Officers of the Colonies and Protectorates in West Africa." No. 703 of August, 1904.

(5) West African Colonies and Protectorates. General Conditions of Service for Civil Servants. No. 759 of December, 1904.

(6) Hints on Outfit and the Preservation of Health in the West African Colonies, of August, 1904.

(7) Hints to Officers selected for service in Northern Nigeria, of January, 1905.

(8) Hints to Officers selected for service in Southern Nigeria, August, 1904.

(9) Simple Medical Directions and Hints on Outfit for the use of Officials in the Gold Coast Colony, West Africa.

RECIPES FOR A THIRSTY LAND.

SOME NON-ALCOHOLIC BEVERAGES AND A FEW OTHERS.

(L.D. signifies Long, S.D. Short Drink.)

Lemonade L.D. Take of plain syrup 1 gal.

Citric Acid ... 2 ozs.

Soluble Essence of Lemon 1 oz.

French Cream ... $\frac{1}{4}$ oz. (not necessary,

Quinine Tonic L.D. Plain Syrup ... $\frac{1}{2}$ gall.

Water ... 1 gall.

Citric Acid ... 1 oz.

Quinine Tonic Essence ... 3 ozs.

Kola Champagne L.D. Plain Syrup ... 1 gall.

Citric Acid ... 2 ozs.

Essence Kola Champagne ... $1\frac{1}{2}$ ozs.

French Cream ... $\frac{1}{4}$ oz.

GENERAL INFORMATION

<i>Ginger Beer</i> L.D.	Plain Syrup	...	1 gall.
	Citric Acid	2 ozs.
	Soluble Essence Jamaica Ginger	$\frac{1}{2}$	oz.
	French Cream	$\frac{1}{8}$ oz.

The recipes above are for the preparation of a quantity at a time, from which sufficient can be drawn and aerated in a sparklet syphon. The ingredients are simple and easily obtainable in England and at some Coast Stores.

Alabazam S.D. Fill a small tumbler half full cold water, add half teaspoonful of Angostura Bitters, a liqueur-glassful of Curaçoa and half wineglass of Brandy, shake well.

Brandy Cocktail S.D. Fill small tumbler half cold water, put in 3 or 4 drops Angostura Bitters, 3 drops plain Syrup and half wineglass of Brandy; stir well and put in a small piece of lemon peel.

Champagne Cobbler L.D. A large "peg" tumbler half full of cold water, teaspoonful of sugar, squeeze in half lemon, add half liqueur-glass of Brandy, ditto Curaçoa, fill up with Champagne; dash the top with Claret and drink through a straw.

Claret Cup L.D. Fill quarter tumbler Soda Water, teaspoonful of powdered sugar and squeeze in half Lemon, add liqueur-glass of Curaçoa and a glass of Claret, fill up with Soda Water and drink through a straw.

Coffee Cocktail L.D. Break an egg into a large glass, put in a teaspoon of sifted Sugar, a large wineglass of Port, a liqueur-glass of Brandy and fill up with Cold Water; shake well and serve with straws.

Gin and Whiskey Cocktails are the same as Brandy Cocktail substituting Gin or Whiskey for Brandy.

Gin Sling L.D. Fill half of a pint tumbler with Soda Water, add liqueur glass of plain Syrup, squeeze in half

a Lemon, half glass of Old Tom Gin and fill up with Soda Water; place slice of lemon on top and drink through straws.

All the above should be made with chipped ice and strained, but coasters must do without the ice.

Prairie Oyster. This is an excellent appetiser. Take a wineglass, put in half a teaspoonful of Vinegar, a new-laid Egg, a little Salt and Pepper and a drop of Worcestershire Sauce; shut the eyes and swallow.

NOTE.—Cocktails have been, and justly, called the “Curse of the Coast.” None should ever be offered or drunk before sundown and if then, the writer most strongly recommends—to say more would be an impertinence—that the line be drawn at one cocktail. All said and done, of alcoholic drinks the “one finger” Whiskey-soda or a small bottle of good Claret are the best drink with the evening meal.

INDEX.

- Abusi, 103.
 Accra, books obtainable at, 81; cycling at, 148; fort, 117; hospital, 144; mails to, time of transmission of, 131; native nurses at, 148; nursing sisters' quarters, 145-146; telegraphic rates to, 132; mentioned, 39, 119.
 Ada, 119.
 Addo, 121.
 African Company of Merchants, incorporation of, 117.
 Afu, 105.
 Agents and bankers, address of, 106; arrangements with, to anticipate salary, 7, 136.
 Agriculture, 121.
 Akassa, 122.
 Alabazam, recipe for, 153.
 Alcohol, 118.
 Alligators, 46, 47, 91.
 Alpaca coat, 10; estimate for, 23.
 Aluminium ware, 16, 20; estimate for, 26; address of firm providing, 106.
 American slaves, 36.
 Ammunition, 49, 50, 109.
 Anamabœ, 117.
 Aneroid barometer, 128.
 Animals and Birds, firm buying, 106, 113.
 Antelopes, species of, 98.
 Ants, white, 85.
 Aperients, 65, 66, 67.
 Apparel, importation of, 120.
 Arabic characters in writing native languages, 100, 102.
 Arabs, 95.
 Arnica, 66.
 Asaba, 103.
 Ashanti, 118.
 — war, 1873-4, cause of, 118.
 Astringent trees, bark of, as a remedy in horse diseases, 94.
 Awori, 121.
 Axim, 39, 119.
 Ayesan, 121.
 Baggage, transport of, 85-86.
 Baikie, Dr., 48.
 Banana, 65.
 Bandages, 66.
 Banjo, 21.
 Bankers, arranging with, to anticipate salary, 7, 31 *note*, 136.
 Bargaining, 79.
 Barometers, 128.
 Basa, 102.
 Basle mission, 150.
 Bassa pipe, value of, 78-79.
 Bath, tin, 15; estimate for, 26.
 Baths on board ship, 49; advisability of warm, 68.
 Bathurst, hunting saddle for, 17; population of, 117; saddlery wanted at, 93; telegraph rates to, 132.
 Battery, 18, 91-92; estimate for, 28, 31.
 "Batu na abubuan Hausa," Brooks and Nott, 104.
 Bautchi, 130.
 Bayley, Messrs. Fredk. C., 112.
 Beck, Messrs. R. and J., 107.
 Bedding, 13; estimate for, 25, 31; firm supplying, 107.
 Bedstead, 14; estimate for, 26.
 Beeswax, 116, 120.
 Belgians, King of, Congo Free State founded by, 115.
 Belt, 29; estimate for, 30.
 Benin, 122; mails to, 131.
 — Bight of, 121.
 — Creek, 47.
 Benni-seed, 120, 121.
 Benue River, 97, 98.
 Berkefeld Filters, 16, 27, 62-63.
 — Filter Co., 108.
 Bermuda, 32.
 Bida, 102.
 Bird shooting, 92.
 Birds, 98-99; firm buying, 106, 113.
 Biscuits, estimate for, 29.
 Bits, 17; estimate for, 27.
 Black clerks, 77

- Blackwater fever, 65.
 Blankets, 13 ; estimate for, 25.
 — Horse, 17 ; estimate for 27.
 Bleeding, 66.
 Bonny, 122 ; telegraph to, 123 ; telegraph rates to, 133.
 Books recommended, 18, 78 ; cost of, 28, 31.
 Boot laces, 21 ; estimate for, 30.
 — polishes, 21 ; estimate for, 30.
 Boots, 11 ; estimate for, 23.
 — mosquito, 65, 67.
 Borgu Province, 101 ; language of, 102.
 Bornu, horses at, 93.
 Borrow, " Fifty Years in West Africa," 78.
 Bovril, 19 ; estimate for, 29.
 Braces, estimate for, 30.
 Brandy cocktail, recipe for, 153.
 Brass, 103, 122 ; telegraphic communication with, 123, 133.
 Brecknell, Turner & Sons, Ltd., 111.
 Bridles, 17 ; estimate for 27 ; watering bridle, 17.
 Brinsmead, Messrs., 111.
 British Aluminium Co., 106.
 — Museum Library, 78, 104.
 Brooks and Nott, " Batu na abubuan Hausa," 104.
 Bruises, 66.
 Brushes, 18 ; estimate for, 27.
 Bugs, 84.
 Buildings, portable, firm supplying, 111.
 Bull-dogs, emigrating, 73.
 Bult, Mr., 110.
 Bungalows, arrangement of, 74.
 Burberrys, Messrs., Ltd., 110.
 Burma, 32.
 Burning glass, 14 ; estimate for, 25.
 Burutu, 45-46.
 Bush, character of, 89 ; furnishing in, 75 ; leopards in, 91 ; natives and white men in, 41-42.
 Bush Shirts, 12 ; estimate for, 24.
 Business men, notes to, 141-143.
 Button hook, 20.
 Buxton, Mr. E. North, 96.
 Cabin, advice as to, 49.
 Cable charges, 130-131.
 Calabar, 37, 122, 123, 131.
 Calabash, 35, 36.
 Calvert's carbolic soap, 14.
 Cameras, 20 ; estimate for, 29 ; firm supplying, 107.
 Cameroons, 97, 115 ; German territory of, 123.
 Camp furniture, 14-15 ; estimate for, 26, 31 ; firms supplying, 107, 112.
 Camphor among clothing, 9, 12.
 Camwood, 118.
 Canary Islands, 34, 145.
 Candles, 14 ; estimate for, 25.
 Cannibal tribes, 47.
 Cap, 10 ; estimate for, 23.
 Cape Coast, 119 ; hospital at, 144 ; nursing sisters' quarters at, 146.
 Cape Coast Castle, 117 ; mails to, time of transmission of, 131.
 Cape Palmas, mails to, time of transmission of, 131.
 Carpets, 15.
 Carriers, 85-86.
 Cartridges, 18, 91 ; estimate for 28.
 Cartridge-extractor, 20.
 Carey, Porter & Co., Ltd., Messrs., 110, 128.
 Cascara sagrada, 66, 67.
 Cassava, 121.
 Cattle, tsetse fly fatal to, 84.
 Cawnpore Tent Club hat, 10.
 Ceded Mile, 116.
 Celluloid collars, 11, 12.
 Cephalophus, 98.
 Chad, Lake, 123, 130.
 Chairs, 15 ; estimate for, 26.
 Champagne, 19, 67 ; estimate for, 29.
 — cobbler, recipe for, 153.
 Cheeriness, 68.
 Cheese, 19 ; estimate for, 29.
 Chevrotain, water, 96.
 Chicken, 63.
 Chills, treatment of, 66, 68.
 Chimpanzee, 97.
 Chlorodyne, 66.
 Cholera symptoms, treatment of, 66.
 Chronometer, 127.
 Church Missionary Society, 150.
 Claret cup, recipe for, 153.
 Clerks, notes to, 141-143.
 Climate, 7, 114.
 Cline Town, telegraph rates to, 133.

- Clinical thermometers, 20, 66 ; estimate for, 30.
 Clock, travelling, 20 ; estimate for, 30.
 Clothes brush, 21.
 Clothing :
 Description of requisite, 9-13.
 Firms supplying, 107, 110.
 Gifts of, to native servants, 10.
 Shooting kit, 90.
 Soldiers', notes on, 134.
 Voyage home, for, 66.
 Woollen, importance of, 68.
 Coal, 120.
 Coal-tar soap, 14.
 Coast, the, ladies on, 69 ; servants, 81 ; wines procurable on, 19.
 Cocktails, recipe for, 153
 Cocoa, 121 ; value of export of, from the Gold Coast, 118.
 ———, Plasmon, 19 ; estimate for, 29.
 ——— nuts, 120.
 Coffee, 121.
 ——— cocktail, 153.
 Cognac, 19 ; estimate for, 29.
 Cole, Mr. Frank C. B., 107.
 Collars, estimate for, 23.
 Colonial Office, 122 ; circulars published by, 22, 151-152 ; nurses, selection of, 143.
 Columbia Phonograph Co., 108.
 Combo Albreda, British, 116.
 Combs, 14.
 Commendah Fort, 117.
 Compass, magnetic, 20 ; estimate for, 30.
 Compasses for survey work, 128.
 Conakry, telegraphic rates to, 133.
 Condyl's fluid, 66.
 Congo Basin, 97.
 ——— Free State, 115.
 ———, French, telegraphic rates to, 133.
 Cooking utensils, 16, 135 ; estimate for, 26 ; care as to, 82.
 Cooks :
 Accra, obtainable at, 81.
 Onitsha, trained at, 81.
 Qualifications of, 82.
 Cooper's Stores, 123.
 Copper wire, 20 ; estimate for, 30.
 Corkscrew, 17, 20 ; estimate for, 27
 Cormantyne Fort, 117.
 Cotton, 121 ; export of, 116, 118.
 ——— Goods, importation of, 116, 120, 123.
 Craw-craw, 38.
 Cricket, 69, 142.
 Crockery, estimate for, 26, 31.
 Crocodiles, 49, 99.
 Cross, Messrs., 106, 113.
 Crown Agents, 9 ; arrangements with, as to drawing pay, 136 ; circulars issued to nurses, 143.
 Crown birds, value of, 73.
 Crowther, S. :
 Ibo, vocabularly of, 105.
 Nupe language, text-books on, 104.
 Yoruba language, dictionary of, 105.
 Cumberbands, 9, 12, 37, 68 ; estimates for, 22, 24.
 Curio collecting, profits of, 72-73, 78-79.
 Curry, 67.
 Curry combs, 18 ; estimate for, 27.
 Customs dues, 49-50.
 Cutlery, 123 ; firm supplying, 107.
 Cycling, 148.
 Dahomey, 101, 121, 133.
 Death rate, decline in, after advent of nurses on the coast, 146-147.
 Deccan, 48.
 Deck chair, 15.
 Deeks, Miss A. M., notes for lady nurses by, 143-149.
 Deer, 73, 89.
 Diaphoretic, 66.
 Diarrhoea, 65, 66.
 Dictionary of Hausa language, Robinson and Brooks, 104.
 Dishes, 16 ; estimate for, 26.
 Dixcove Fort, 117.
 Dogs, English, in West Africa, 73-74.
 Doki-boys, 82.
Dorcatherium, 96.
 Dover's powder tabloids, 66.
 Drapery, avoidance of in bungalows, &c., 83.
 Drawers, woollen, 12 ; estimate for, 24.
 Dress regulations, 9.
 Dressing gown, 13 : estimate for, 24, 31.

- Drew & Sons, Messrs., 113.
 Drink, 62-63.
 Drinking water, precautions as to, 62, 65, 68.
 Drop measure, 66.
 Drugs, necessary, 66; firm supplying, 107.
 Duck, 92.
 Dunn, Major, 297.
 Durham University, 150.
 Dusters, 18, 21; estimate for, 27, 30.
 Dutch Gold Coast Settlements, 117.
 Duyker antelopes, 98.
- Earth nuts, 121.
 Ebony, 122.
 Edgington, Messrs. J. & Co., 112.
 Education :
 Gold Coast, Government efforts on, 118.
 Lagos, in, 121.
 Missions, influence of, 150.
- Egba, 101.
 Egbado, 101.
 Egg cup, 26.
 Eggs, testing of, 64.
 Egret feathers, value of, 79.
 Elephants, 48, 91, 92, 97.
 Ellis, A. B., books by, recommended, 78.
 Elmina, 117, 119.
 Enamel ware, 16, 20; estimate, for, 26.
 Epsom salts, 66, 67.
 Estimates, 22-31; voyage expenses for, 50.
 Euquinine, 65.
 Exercise, advice as to, 68, 69.
 Exports and Imports :
 Gambia, for, 116.
 Gold Coast, for, 118.
 Lagos, for, 122.
 Nigeria, Southern, for, 122-123.
 ——, Northern, for, 123-124.
 Sierra Leone, for, 120.
- "Family Medicine in India," 18.
 Fauna, 73.
 Fever, drugs for, 66.
 Field glass, 20; estimate for, 29.
 "Fifty Years in West Africa," Borrow, 78.
- Figs, 12; estimate for, 29.
 Filters, 16, 27, 62-63, 65, 67, 84, 103.
 Fish, 64.
 Fishing rod, 18; estimate for, 28; firm supplying, 108.
 Flannel shirts, 24.
 Flannels, 10; estimate for, 23.
 Flask, estimate for, 27.
 Fleas, 84.
 Flint and Steel, 14, 21; estimate for, 25.
 Flour, 19; estimate for, 29.
 Flowers, tropical, 149.
 Food, 63-65.
 Foot-gear, 11, estimate for, 23, 31; firms supplying, 108.
 Forçados, 44-45, 122; customs duties at, 49-50; mails to, time of transmission of, 131; servants at, engaging, 80.
 Foreign Office, 122; West African Colonies taken under control of, 115.
 "Forestry of West Africa," Moloney, 78.
 Forks, 17; estimate for, 27.
 Fort James, 115.
 Fortnight's stores, list of, 19; estimate for, 29, 31.
 Fountain pens, 21; estimate for, 30.
 Fourah Bay College, 150.
 Freeman, R., "Travels in Ashanti," 78.
 Freetown :
 Housing and Furnishing in, 76.
 Languages spoken in, 119.
 Nurses in, 144.
 French Colonies, 117; telegraphic rates to, 133.
 Fresh air, importance of, 67.
 Frogs, 99.
 Fruit, 65, 67.
 Fulanis, 82, 100; language of, 105.
 Furniture, store, 75.
- Gaiters, 9, 10; estimate for, 22.
 Gamage, Messrs., 108.
 Gambia, 97, 114; giraffe in, 98; parcel post to, 131; revenue of, 116-117; history and statistical information as to, 115-117.
 Game, big, 87.

- Game traps, 21 ; estimate for, 30.
 Games, 69, 72, 108.
 Gardening, 148-149.
 Geese, 92.
 Geographical surveying and outfit for notes on, 125-128.
 German colonies, 115, 117.
 ——— Missionaries, 118.
 Gin and whiskey cocktails, recipes for, 153.
 Gin sling, recipe for, 153-154.
 Ginger, 66, 120.
 Ginger beer, recipe for, 153.
 Giraffe, 98.
 Girths, 17 ; estimate for, 27.
 Glass and crockery, 16 ; estimate, 26, 31.
 Gloves, 13.
 Goat, flesh of, 63 ; leather, 11, 79 ; milk of, 63.
 Gold, export of, value of, 118.
 Gold Coast, climate of, 118 ; Giraffe in, 98 ; history and statistical information of the colony, 117-119 ; nurses in, 143, 144 ; official quarters in, 76 ; parcel post to, 132 ; produce of—exports, imports, &c., 118-119 ; telegraphic communication in, 130, 132 ; mentioned, 39, 97, 114.
 Gold-mining companies, class of men sent out by, 38-39.
 Golf, 142.
 Gorilla, 96-97.
 Gossip, avoiding, 72.
 Government information, 151-152.
 Grain Coast, 39.
 Gramophone, 21 ; estimate for, 30 ; firm supplying, 108.
 Grand Bassam, 39, 133.
 Ground-nut soup, 64.
 Ground nuts, 120, 121 ; export of, 116.
 — sheets, firm supplying, 110.
 Guinea fowl, 91-92.
 —, French, telegraphic rates to, 133.
 — grains, 118.
 — Gulf of, 39.
 Guitar, 21.
 Gum, 121.
 Gum-copal, 118, 120, 121.
 Guns, 18, 92 ; customs dues on, 49 ; estimate for, 28 ; firm supplying, 109.
 Hair brushes, 14.
 Hall and Sons, Ltd., Messrs., 108.
 Hammocks, 15 ; estimate for, 26.
 Handkerchiefs, 12 ; estimate for, 23, 31.
 Hardware, importation of, 118, 120, 123.
 Hares, 92.
 Harmattan, 13, 61.
 Hartebeest, 91.
 Hatch, Mansfield and Co., 113.
 Hats, 10 ; estimate for, 23.
 Hausa horse doctors, 94.
 — language, 100-101 ; grammars of, 18, 21, 28 ; text-books, &c., on, 104.
 — States, population of, 123.
 "Hausa Notes," W. R. Miller, 104.
 Haversack, 20 ; estimate for, 30.
 Headache, 66.
 Heads of game, cleaning of, 85.
 Head-gear, 10 ; estimate for, 23, 31 ; firm supplying, 109.
 Heath and Co., Messrs., 109.
 Hellis, Messrs., 109.
 Hewett, E. H. (C. M. G.), 122.
 Hicks and Sons, Messrs., 112.
 Hides, 120 ; export of, 116.
 Hippotami, 49, 97 ; Liberian, 91 ; pigmy, 97.
 Hobbies, advisability of and suggestions as to, 72-73.
 Holbrow and Co., Messrs., 108.
 Holland, history of Gold Coast territory of, 118.
 Holt and Co., Messrs., 135.
 Horse blankets, 17 ; estimate for, 27.
 — doctors, 94.
 Horses, 93-94 ; sizes of, 17 ; treatment of, 74 ; of sick horses, 94 ; tsetse fly fatal to, 84.
 Hospitality, 70.
 House linen, 13.
 Housewife, 21 ; estimate for, 30.
 Humphreys and Crook, Messrs., 107.
 Hunting knife, 20 ; estimate for, 30.
 — saddle, 17.
 Hurricane camp lantern, 14.

- Ibadan, railway to Iddo Island from, 122.
 Ibo language, 102; text-books on, 105.
 Iboland, 101.
 Ibu, 121.
 Ice, scarcity of, 62.
 Idah, 47.
 Iddo Island, railway to Ibadan from, 122.
 Idzo, 193.
 Igara, 105.
 Igbesa, 121.
 Igbara, 105.
 Ijebu, 101.
 Ijesha, 101.
 Ilaro, 121.
 Illorin, 44.
 Imports. *See title* Exports and Imports.
 India, relations between white and native races in, 41.
 India-rubber, 120.
 Industrial Mission, 150.
 Information and introductions, where to procure, 109.
 Ink, 21; estimate for, 30.
 Ipecacuanha, 66.
 Isuama-Ibo, 102.
 Itebu, 121.
 Ivory, 118, 121, 122.
 — Coast, 39, 117; French, telegraphic rates to, 133.
 Jackets, 9.
 Jaeger sheets, estimate for, 25.
 — Sanitary Woollen System Co., 107.
 Jam, 19; estimate for, 29.
 Jamrachs, 73.
 Jebba, 124.
 Jebu Remo, 121.
 Johnson, Sir H. H., Shooting and Natural History Notes by, 94.
 Jones, John, and Co., Messrs., 110.
 Journals, 18.
 Ju-ju, 77.
 Jungeru, housing and furniture in, 75; roads in, 85.
 Kaduna River, 123.
 Kakanda, 102.
 Kano, 123, 130; dialect of, 101.
 Katsena, 101.
 Keating's powder, 84.
 Kettle, iron, 16.
 Khaki. *See* Uniforms.
 Kingsley, Mary, 37; "Travels and West African Studies," 78.
 Kit. *See* Outfit.
 Knives, 17; estimate for, 27, 29-30; firm supplying, 107.
 Kola champagne, recipe for, 152.
 — nuts, 116, 120, 121.
 Kour, 116.
 Kuka, 130.
 Kuku-ruku, 43.
 Kumasi, railway to Sekondi from, 118-119.
 Kurankos, 121.
 Kuye. "Notes on Yoruba," 105.
 Kwita, 119.
 Labour, difficulties on the West Coast as to, 36.
 Ladies on the West Coast, 38-39; scarcity of, 69.
 Lady nurses. *See* Nurses.
 Lagos, 44, 114; club at, 42; history and statistical information as to the Protectorate, 121, *and note*—123; hunting saddle for, 17; mails to, time of transmission of, 131; missionary schools at, 150; nurses in, 143, 144; official quarters in, 76; parcel post to, 132; saddlery required at, 93; telegraphic communication in, 130, 133.
 Lamps, 14; estimate for, 25, 31; firm supplying, 109.
 Lancet, 66.
 "Land of Fetish, The," A. B. Ellis, 78.
 Languages, 100-103; authorities and text-books, 21, 104-105, estimate for, 30; method of learning, 103-104.
 Latrine, folding, 15; use of dry earth with, 65; estimate for, 26.
 Lawn and Alder, Messrs., 112.
 Laxatives. *See* Aperients.
 Lazenby and Son, Messrs., 111.
 Leathers, 17; estimate for, 27.
 Lemonade, recipe for, 152.

- Lemur, tailless, 96.
 Leopards, 90-91.
 Letters, posting of, on voyage, 48-49.
 Liberia, 39.
 Lice, 84.
 Licenses, sporting, 91.
 Life Insurance Notes, 138-141; Insurance Company, 109.
 Lighting, *See* Lamps.
 Light, importance of, 67, 83.
 Limbas, 121.
 Linen, body, 11; estimate for, 23, 31; house, 13; marking of, 12.
 Lint, iodoform, 66.
 Lion, 91.
 Liverpool:
 Calabar, transit to, 123.
 Freetown, distance of, and transit, 121.
 Gold Coast, distance of, and transit, 119.
 Nigeria, N., route to, 34.
 Posting letters at, 48.
 School of Medicine at, 18.
 Lizards, 99.
 Lokoja, dialect in, 101; giraffes found near, 98; glass and crockery obtainable at, 16; horses at, 17; hospital at, 144; housing and furniture in, 75; mails to, time of transmission of, 131; mess kit for, 9; native town of, 48; parcel post to, 132; roads in, 85; scenery round, character of, 47-48; servants at, 81; telegraphic communication with, 124; tinned provisions obtainable at, 19; wines procurable at, 19; mentioned, 32.
 Lord's lamps, 14; estimate for, 25.
 Luggage, lists of, 50.
 McCarthy's Island, 116.
 Machinery, firm supplying, 109.
 Mackintosh, 10; estimate for, 23; firm supplying, 110.
 Maclaren, Dempster and Co., 113.
 Madeira, 34; mails to, time of transmission of, 131; parcel post to, 132.
 Magazines, arrangements for sending, 110.
 Mahin, 121.
 Mail, weekly, 71; inland transport of, 129-130.
 Maize, 116, 121.
 Malaria, causation of, 65, 83; frequency of, 114; safeguards against, 65.
 "Malaria and its Causes," 18.
 Mammies, 35.
 Mammy chair, 37.
 — palaver, avoidance of, 72; trouble with servants as to, 81, 82.
 "Man in the sun-hat," opinions of, 36, 40-42.
 Manson, Sir Patrick, comments on Chap. III. by, 65.
 Maps, 21; firm supplying, 110; rough road, unsatisfactoriness of, 125-127.
 Mappin and Webb, Messrs., 107.
 Mapping instruments, firm supplying, 110.
 Marseilles, 116.
 Martingale, 17; estimate for, 27.
 Matches, 14; estimate for, 25.
 Mattress, cork folding, 15; estimate for, 26.
 Meals, advice as to, 67.
 Meat, 63; to make tender, 64; tinned, 19; estimate for, 29.
 Medical officers, description of outfit for, 9.
 Medical mission work, 151.
 — stores, firm supplying, 107.
 Medicines, 19.
 Medicine case, estimate for, 30; contents of, advised, 66.
 Mendé tribe, 37.
 Mendis, 121.
 Mess-kit, 9.
 — practices, 19.
 — uniform, estimate for, 22.
 Messing and provisions, 134-135.
 Methodist missionaries, 118.
 Military messes, 70.
 — officers, outfit for, 9.
 Milk, 19; estimate for, 29; necessity for boiling, 62, 68.
 — goats', precautions as to, 63.
 — jug, 26.
 Miller's Hausa Grammar, 18, 21;
 "Hausa Notes," 104.

- Mincing machine, 17; estimate for, 27; necessity for, 63.
 Miocene period, 96.
 Mirror, folding, 15; estimate for, 26.
 Missionary work, 149-151; on the Gold Coast, 118; in Lagos, 121.
 Mohammedans, 117, 121.
 Moloney, "Forestry in West Africa," 78.
 Monkeys, 73; skins of, 118.
 Money, amount necessary on voyage, 48.
 Moore, Sir W., manual of medicine by, 18.
 Mosquitoes, 83; malaria caused by bite of, 65.
 Mosquito boots, 11, 67, 145.
 — nets, 15, 21, 65, 84; method of arranging, 67, 83.
 — plant, 83.
 Mud houses, 75, 85.
 Mufti, 10; estimate for, 23, 30; firm supplying, 110.
 Mules, tsetse fly fatal to, 84.
 Murder, 61.
 Nails, 20; estimate for, 30.
 Natural history, 72, 95-98.
 Natives of the West Coast, 36-37; bargaining with, 79; characteristics of, 76-77; education of, 114; hospital servants, 147-148; "old coasters," 37-38; quarters of, necessity for avoiding, 54, 65; secret of ruling, 137.
 Nets and netting, 15; estimate for, 26; method of arranging, 67.
 New Calabar, 122.
 Niger River, 114; dialect of, 101; of Eastern bank of, 102; lamps for going up, 14; mouths of, 44, 45, 122; transshipment to, 44, 45.
 Niger Company, functions of, 115.
 — Delta, 47.
 — Lower, 46.
 — Upper, character of scenery of, 47-48.
 Nigeria, Northern :
 Bungalows in, 74.
 Foot-gear in, 11.
 Game, big, in, 91.
 Giraffe in, 98.
 Harmattan in, 61.
 Hausa, knowledge of, essential in 101.
 History and statistical information of the Protectorate, 123-124.
 Hospitals in, 144.
 Housing in, 75.
 Hunting saddle for, 17.
 Ladies in, 69.
 Nurses for, 143.
 Parcel Post to, 132.
 Provisions for, 19.
 Rainy season in, 61.
 Roads in, 85.
 Route to, 33-34.
 Selfishness seen in, 72.
 Servants in, 81.
 Telegraphic communication in, 130, 133.
 Uniform for, 9.
 Vegetables in, 64.
 mentioned, 11, 33, 114.
 Nigeria, Southern :
 Footgear for, 11.
 Giraffe in, 98.
 History and statistical information as to Protectorate of, 122-123.
 Ladies in, 69.
 Nurses in, 143, 144.
 Parcel post to, 132.
 Telegraphic communication in, 130, 133.
 mentioned, 11, 114, 121, 122.
 Norris, Messrs. Geo., 108.
 Nott, J. H., Notes on missionary work by, 149-151.
 Nun mouth of Niger, 122.
 Numdah, 17.
 Nupe province, dialect in, 101, 102; text-book on the Nupe language, 104.
 Nurses, notes for—hospitals, outfit, duties, &c.; 143-149.
 Officers, pay and allowances of, methods of drawing, 135-136; responsibilities of, 136-138.
 Ogbo, 121.
 Oil, 118.
 Oil rivers, 39.

- Oil rivers' Protectorate. *See* Nigeria Southern.
- Okapi, 97-98.
- Okeodan, 121.
- Old Calabar, 42; hospital at, 144.
- Onions, 64.
- Onitsha, 47; cooks trained at, 81; dialect of, 103; industrial mission at, 150.
- Opobo, 122.
- Oranges, 65.
- Oribi, 91.
- Oshogbo, 122.
- Osler and Co., Messrs. F., 109.
- Otters, 92.
- Outfit, details as to requisite, 7-8, 9-21; firms supplying, 107; nurses', 144-145; expenses, summary of, 30-31.
- Oyo, 101.
- Pads, 13, 25.
- Paintbox, 21, 30.
- Palm kernels, 120, 121, 122, 124; value of export of, from Gold Coast, 118.
- oil, 115, 121, 122, 123; value of export of, from Gold Coast, 118.
- oil chop, 64, 67.
- trees, 121.
- Parcel post rates, 131-132.
- Parke, Davis and Co., 107.
- Parrots, 73.
- Parsis, the, 62.
- Paw-paw, 65; leaf of, 64.
- Pay and allowances, methods of drawing, 135-136.
- Pencils, 21.
- "Pensions Laws for West Africa," 151.
- Perambulator for survey work, 128.
- Periodicals, 71, 110.
- Pets, 73.
- Phenacetin, 66.
- Photography, 72, 96, 107.
- Piano, 21, 111; estimate for, 30.
- Picketing rope, 17.
- Pickins, 35.
- Pig, giant black, 97.
- Pigeon English, 42-43.
- Piggott Bros. and Co., Messrs., 112.
- Pile villages, 47.
- Pillows, 15; estimate for, 26.
- Pillowslips, 13; estimate for, 25.
- Pineapple, 65.
- Pipe clay, 21; estimate for, 30.
- Pipes, 21.
- Plane tables, 127-128.
- Plantains, 121.
- Plantain eater, 98.
- Plates, 16; estimate for, 26.
- Pokra, 121.
- Polo, 9, 13, 69, 92-93, 108.
- Postal information, 129-130; parcel post, 130-131.
- Port Said, 34.
- Portuguese, 39, 115, 117.
- Potash permanganate, 66.
- Potato, 64.
- Potto, taillies, 96.
- Prairie oyster, recipe for, 154.
- Prickly heat, 14, 67.
- Provisions, 19, 29, 49, 111, 120.
- Pumps, 11.
- Punkahs, absence of, 62.
- Putties, 9, 10; estimate for, 22.
- Pyjamas, 12; estimate for, 24, 31; firm supplying, 112.
- Quarters of officials, 74.
- Quinine, 65, 66, 67, 83, 84.
- Quinine tonic, recipe for, 152.
- Railways:
- Iddo Island to Ibadan, 122.
- Sekondi to Kumasi, 118-119.
- Rainy season, 61.
- Razors, 13; estimate for, 25; firm supplying, 107.
- Recipes, 152-154.
- Rees, Messrs., 111.
- Reeves, C. A. (F.R.A.S.), Notes on Geographical Surveying by, 125-128.
- Reptiles, firm buying, 106.
- Revenue and Expenditure.
- Gambia, of, 116-117.
- Gold Coast, 119.
- Lagos, 122.
- Nigeria, Southern, 123.
- Sierra Leone, 120.
- Revolver, 18, 109.
- Rheumatism, 66.
- Rhinoceros, 91.
- Rhoorkhi chair, 15; estimate for, 26.
- Rice, 19, 29, 116, 120, 121.

- Richardson, "Story of the Niger," 78.
 Riding breeches, 9, 10; estimate for, 22.
 Rifle, 18, 91; estimate for, 28; firm supplying, 109.
 River trip, 19, 49.
 Rivets, 20; estimate for, 30.
 Roads, 85.
 Robinson, Hausa Grammar, 18, 21;
 "Specimens of Hausa Literature," 104.
 Robinson and Brooks, "Dictionary of Hausa Language," 104.
 Roman Catholics, cooks trained by, 81; missionaries, 118, 150.
 Rope, 27.
 Royal African Company, 117.
 — antelope, 98.
 — Geographical Society, 18, 125, 128.
 — Niger Company, 122, 123, 135.
 Rubber, 121, 122; export of, 116, 118.
 — knee boots, 11.
 Saddle, estimate for, 27.
 — soap, 18, 111.
 Saddlery, 17-18, 92, 93; estimate for, 27, 31; firm supplying, 111; preservation of, 111.
 Sago, 19, 29.
 Sahara Desert, 61.
 St. Mary, 116.
 Salary, anticipating, 7, 31 *note*.
 "Salleone." *See* Sierra Leone.
 Sand flies, 83, 84.
 Sandpaper, 21; estimate for, 30.
 Sapele, 122.
 Sausage meat machine, 17; estimate for, 27.
 Scarves, 13; estimate for, 24, 31.
 Scatter gun, 91.
 Scissors, 66.
 Scott, Mr. A., 107.
 —, Messrs. T. G. and Son, 110.
 Screws, 20.
 Seasons, 61.
 Sekondi, fort, 117; nurses in, 144, 146; population of, 119; railway from, to Kumasi, 118-119; telegraphic rates to, 132.
 Servants, difficulties as to, &c., 80-82.
 Senegal, R., 114.
 Shakespeare, 18.
 Sharks, 44.
 Shaving-brushes, 14; estimate for, 25.
 Sheep, 63.
 Sheets, ground, 110; Jaeger, 13; linen, 13; estimates for, 25.
 Shikar knife, 20; estimate for, 29.
 Shikarris, native, 88-89.
 Ship's biscuits, 19; estimate for, 29.
 Shirts, 11; estimate for, 23.
 — flannel, 24.
 Shooting kit, 90.
 Sierra Leone:
 Description of, 34-35.
 Giraffe, in, 98.
 History and statistical information as to, 119-120.
 Mails to, time of transmission of, 131.
 Missionary schools at, 150.
 Nurses in, 143, 144.
 Official quarters in, 75-76.
 Parcel post to, 132.
 Posting home from, 49.
 Telegraphic communication with, 130, 133.
 mentioned, 42, 66, 97, 114, 120-121.
 Sketching materials, 21; estimate for, 30.
 Slackness, dangers of, 70-71.
 Slave coast, 39.
 — trade, abolition of, 115.
 Sleep, drug inducing, 66.
 Sleeping sickness caused by tsetse fly, 84.
 Snaffle bits, 17.
 Snakes, 99.
 Soap, 14; estimate for, 25.
 Social amenities, 69-70.
 Socks, 12; estimate for, 24.
 Sodium salicylate, 66.
 Sokoto, 130; occupation of, 123.
 Soldiers, distribution of time by, 69; notes to, 134-138.
 Somalis, 95.
 Somerville —, postal information by, 129-133.
 Soronubu, "Lessons on Yoruba," 105.
 Soup, 19, 29, 67.
 Sowter & Co., Messrs. J. J., 111.
 Sparklet syphon, 16; estimate for, 27.

- "Specimens of Hausa Literature," Robinson, 104.
 Spencer, Ibo Grammar, 105.
 Spinach, 64.
 Spine pads, 12, 13, 31, 68.
 Spirits, 123.
 Sponges, 14, 25.
 Spoons, 17, 27.
 Sport, big game, 87, 90-91; depredations of British sportsman, difficulties as to, 88-89; licenses, 91; shooting kit, 90; times for, 89.
 Sports, advisability of engaging in, 72.
 Sportsman's hat, 10.
 Stanford, Messrs., 110.
 Stationery, 21, 30, 111.
 Steel chain, 21.
 Stimulants, 67.
 Stirrups, 17, 27.
 Stomach pain, 66.
 Stone and Cox, Messrs., 109.
 "Story of the Niger," Richardson, 78.
 Strapping plaster, 66.
 String, 21.
 Strops, 13, 25.
 Sub-agents, notes to, 141-143.
 Sudan, French, 117.
 Sulphonal, 66.
 Sun-hat, 57, 68.
 Superstition of native races, 77.
 Surcingle, 17.
 Surveying, geographical, and outfit for, 125-128.
 Susus, 121.
 Swakopmund, 133.
 Swat river, 118.
 Sweater, 10, 12, 24.
 Syphon, 16, 27.
 Syringe, glass, 66.
 Table, 15, 26.
 —, seat at, on voyage, 49.
 — cloths, 13, 25.
 — napkins, 13, 25.
 Tables, plane, for survey work, 127-128.
 Tailors and outfitters, 112.
 Tannin, 66.
 Tape measures, 21, 30.
 Tarkwa, 118.
 Taxidermine, 21, 30.
 Taxidermy, 72.
 Taxidermists, 11, 112.
 Tchad, Lake, 17.
 Tea, 19, 29, 67.
 Teapot, 16, 26.
 Technical education, 150.
 Teeth, care of, 63, 67.
 Telegraphy, development of, 123, 124, 130; 132-133.
 Telescope for survey work, 128.
 Tennis, 69, 148.
 — requisites, 21, 30, 108.
 Terriers, emigrating, 73.
 Tent, 15, 26, 112.
 Terai hat, 23.
 Textiles, 118.
 Theodolite, 127.
 Thermometers, 20.
 — for survey work, 128.
 Ties, 12, 24, 31.
 Tiffin basket and fittings, 14, 16, 27, 31.
 Timene tribe, 37.
 Tin, enamel, 27.
 — opener, 17, 20, 27.
 Tinder box, 14, 21, 25.
 Tinmenis, 121.
 Tips on board ship, 49.
 Tobacco, 21, 116, 120.
 Togoland, 115, 117.
 Toilet requisites, 13-14, 25, 31.
 Tools, 20, 30, 107.
 Tooth brushes, 14, 25.
 — powder, 14, 25.
 Toothache, 63-64.
 Tornado season, 61-62.
 Towels, 13, 25.
 Trading, 78-79; notes on, 141-143.
 — charter with Gambia, 115.
 — companies, 115, 117; houses of, 75.
 Transit, Liverpool to Gold Coast, 119.
 Traps, 92.
 "Travels and West African Studies," M. Kingsley, 78.
 "Travels in Ashanti," R. Feeman, 78.
 Trousers, 9.
 Tsetse fly, 84, 93.
 Tucker, Messrs. Joseph, 107.
 Tugwell, Bishop, 150.
 Turacos, 98-99.
 Tweed suit, 10, 23.

INDEX

- Ulster, 10, 23.
 Umbrella, 21 ; estimate for, 30.
 Underclothing, 12 ; estimate, 24, 31 ;
 firm supplying, 112.
 Uniforms, 9-10 ; estimate for, 22, 30 ;
 firm supplying, 110 ; nurses', 144-
 145 ; purchase of, 134.
 Vaseline, carbolated, 66.
 Vegetable dishes, 26.
 Vegetables, 64, 67 ; tinned, 19 ; esti-
 mate for, 29.
 Ventilation, 67, 74.
 "Verb Sap," cost of, 28.
 Verd, Cape, 34.
 Vermin, 84.
 Versailles, Treaty of, 116.
 Vests, 29.
 Vomiting, 66.
 Voyage :
 Clothing for, 13.
 Expenses of, 50.
 Home, 10, 12, 66-67.
 Notes for, 48-50.
 Wages of servants, 81.
 Walfisch Bay, 133.
 Waltham Watch Co., 112.
 War tribes, 37.
 Warri, 122.
 Wash stand, 26.
 Washer man, 37.
 Watches, 20, 127 ; estimate for, 30 ;
 firm supplying, 112.
 Water, drinking. *See* Drinking water.
 Water bottle, 20, 29.
 — buck, 91.
 — street, 133.
 Waterproofs, 112.
 Wax matches, 14.
 Way and Co., Messrs., 22, 106.
 Wellington boots, 11.
 Wesleyan High School, 150.
 West African Frontier Force, 9, 116.
 West African Regiment, 9.
 "West African Sketches," A. B.
 Ellis, 78.
 West Coast, administration of the
 white man, 40-41 ; British terri-
 tory, extent of, 114 ; gossip in,
 72 ; ladies on, 38-39 ; natives of,
 36, 40-41 ; rainy season in, 61 ;
 scenery of, 39 ; seasons, 61.
 "Western Equatorial Africa Diocesan
 Magazine," 151.
 Whisky, firm supplying, 113.
 Whitaker, J. (F.S.A.), Historical and
 Statistical information supplied by,
 114.
 Wicker basket goods, 113.
 Wines, 19, 29, 31, 113.
 Winnebah Fort, 117.
 Wire Wove Roofing Co., Ltd., 111.
 Wood's "Yoruba Grammar," 105.
 Wool, necessity for wearing, next skin,
 68.
 — vests, 11, 12.
 Wright, Capt. Wallace (V.C.), soldier
 notes by, 134-138.
 Writing case, 21 ; estimate for, 30.
 Yam, 64, 121.
 Yola, 130.
 Yoruba, 43, 121 ; language, 101-102 ;
 text-books on, 105.
 Zungeru, 123, 124 ; hospital at, 144 ;
 mess kit for, 9 ; parcel post to, 132.



THE "VERB. SAP." MAP



b
SRT

